



WANT MORE ENERGY ?

TRY EXPENDING SOME !

How can running or walking on a treadmill, lifting weights or getting on a stair climber give you more energy? Well, it's a proven fact. People who do even a small amount of exercise several times a week feel more energetic, their sleeping patterns improve and their self-confidence increases, not to mention what it does for them physically. That is why the YMCA's *Personal Fitness Program* is so important. This 12-week program is designed to be flexible, convenient and fun. Participants here are set up with their own workout program, at their own pace. And they stay motivated with the help and guidance of our trained personal fitness staff.

Inquire at our Member Services if you are interested to know more or call (360) 357-6609.

Available for Free to Full Members Only.



Olympia Downtown YMCA



**Olympia Downtown
YMCA**

510 Franklin Street SE
Olympia, WA 98501
(360) 357-6609

**PERSONAL
FITNESS
PROGRAM**

**Individual & Group Settings
Starting September 18, 2007
Tuesday Evenings at 5:30 pm**



www.southsoundymca.org



*We build strong kids,
strong families,
strong communities*



PERSONAL FITNESS PROGRAM

Work with a Personal Fitness Coach to map out a flexible program that works for YOU!

The YMCA Personal Fitness Program (PFP) is a structured 12-week program designed to help YMCA members who are new to exercise, returning after a lengthy absence, unable to establish an exercise routine, or coming back from an injury or illness. You will meet with a personal fitness coach AT LEAST four times over a 12-week period. Your coach will monitor your progress and provide feedback on a weekly basis. Individual or Group exercise sessions are done at your convenience and Y Personal Fitness coaches are available in the Fitness Center to answer questions and help.

Here's how it works!

You will set up an initial appointment at the Service Center. You will be assigned a personal fitness coach who will meet with you at least four times over the course of the program. The structure of this 12-week program includes four turning-point sessions as follows:

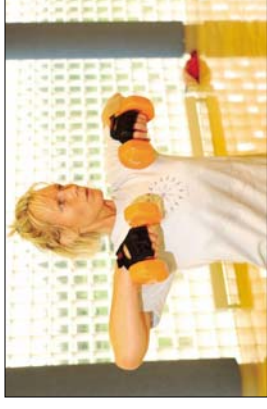
The first session will be a time for you to get to know and develop a relationship with your coach, identify your fitness goals, identify any barriers to reaching your fitness goals, discuss your present fitness level and have an orientation to the cardiovascular equipment.

The second session will be used to review the first four weeks of your program, discuss any difficulties that you encountered, discuss strategies for overcoming those difficulties, and to add the first five pieces of strength equipment to your program.

The third session will be very similar to the second, including adding more pieces of strength equipment.

The final or closing session is when you celebrate your graduation from the program. You will review your entire program, answer questions, discuss how you would like to progress and plan for the future.

By the end of this 12-week program you will be feeling better and more energetic and will have learned to enjoy the process. We will work with you on a plan to keep exercise in your life.



Benefits of Regular Activity

- Your weight is much easier to control when you're active.
- Physical activity can be lots of fun.
- You can be with other people when you're active.
- You feel better when you're active.
- You look better when you're active.
- Physical activity is good for your heart.
- Physical activity is a great way to burn off steam and stress.
- Physical activity helps you beat the blues.
- You feel more confident when you're active.
- You'll have more energy.

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510 Franklin Street SE
Olympia, WA 98501

Phone: (360) 357-6609 Ext. 109

Fax: (360) 754-9723

Email: moorel@ssymca.net

For questions, call Lloyd Moore, Health & Fitness Director.

YPERSONAL FITNESS™

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