

## Troy Rogers



<b>Month 1:</b>	<b>Month 11:</b>
<b>238lbs</b>	<b>160 lbs.</b>
<b>Size: 24W</b>	<b>Size: 4</b>
<b>47% body fat</b>	<b>28% body fat</b>

## Clinical Trial Pilot Study

### Building a stronger community

January 5, 2015—April 6, 2015

31 employees from Sumter Family Health Center were randomly chosen to participate in one of three groups: Commit To Be YFIT, YFIT Camp, or to complete both classes for a total of 12 weeks. Each participant had blood work and vitals taken at weeks 1, 6, and 12.

The results showed that each program was effective in improving overall health. More than 50% of the participants in CTBYF showed improvements in Weight, BMI, Glucose and Total Cholesterol. 67% or more of YFIT Camp participants saw improvements in Pulse, Blood Pressure, Waist Circumference, Weight, BMI, Body Fat, Glucose, A1C, Total Cholesterol and LDL. In addition to the 12 week participants having similar results to YFIT Camp, 100% improved their Total Cholesterol.

The YFIT programs will build relationships between staff and members, establish credibility, and increase membership and program participation at your YMCA. This 3-level health and wellness program initiative was designed by Certified Personal Trainer and Certified Fitness Nutrition Specialist, Missy Corrigan, MA, MS, CHES and is a licensed program that is protected by federal copyright and trademark laws (TX 7-825-692).



### Inquiries:

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**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YFIT PROGRAMS TRAIN THE TRAINER

## YFIT Philosophy

The basic philosophy of YFIT is that while we all differ in size, body composition, age, gender, shape, and physical activity our body's basic nutritional needs for optimal health do not.

Additionally, we all require the same functional exercises to keep our muscles and bones strong for independent living.

This educational program series is about fueling your body, improving strength and reducing body fat. It is a lifestyle change intended for permanent and meaningful impact.

The overall goal of this plan is to adopt a healthy lifestyle that supports muscle, decreases body fat, and reduces or prevents health risks.



# Effective Outcomes & Unified Impact

## Program Overview

Bring this comprehensive health and wellness program to your YMCA to establish credibility with your members and the medical community. The YFIT programs have served over 1300 men, women and teens with at least 700 of them referred by physicians. The 2015 clinical trial validated the effectiveness of this program with lab work and vital statistics. (see back)

### Kimberly Cousineau

YMCA of the USA  
Resource Director, Serving NC  
Association Resources



**Month 1:**  
223lbs.  
30% body fat  
Size: 16W

**Month 11:**  
156 lbs.  
12% body fat  
Size: 4

## Reported Participant Benefits

- Reduction/elimination of medications for: blood pressure, diabetes, anxiety, cholesterol, heartburn, depression, ADHD
- Loss of body fat, weight & inches
- Increased strength, muscle tone & energy
- Reduced food cravings
- Better sleep
- Reduction in blood pressure
- Reduced resting heart rate
- Improved feeling in limbs
- Sense of empowerment
- Feeling better - Improved mood
- Ability to make healthier decisions
- Never feeling hungry or deprived
- Improved self awareness/self-esteem

### Joe Davis



**Month 1:**  
288 cholesterol  
256 triglycerides

**Month 3:**  
142 cholesterol  
76 triglycerides

## Our Responsibility to You:

- Provide training for directors/trainers/staff
- Train staff to effectively implement the 3 level program: Commit To Be YFIT, YFIT Camp, TEAM YFIT
- Provide all program materials, power points, lesson plans, evaluation tools
- Provide program support and guidelines
- Provide latest program additions/changes

## Program Benefits

- Increased Program Revenue
- Increased Program Participation
- Increased Memberships
- Enhanced medical community relations
- Meaningful Impact/Effective Results

### Ashley Moore



**Month 1:**  
241 lbs.  
37% body fat  
Size: 16W

**Month 10:**  
140 lbs.  
14% body fat  
Size: 4