



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A NEW YEAR A NEW YOU

YFIT Camp

In this 6-week lifestyle change program you will learn how to properly fuel your body to improve your health and fitness. The program gives you the tools you need to create positive wellness by improving body composition and reducing health risks.

January 7- February 11

Mondays, 6pm

YMCA Conference Room

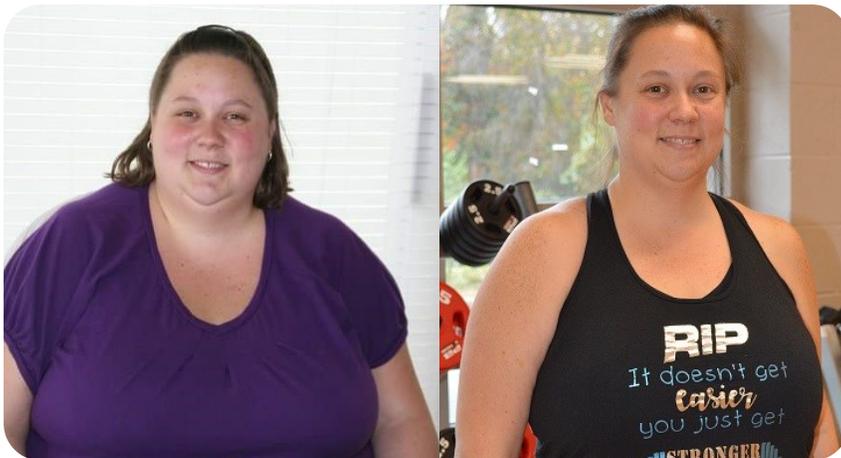
Registration: Dec. 26 - Jan. 6

Class Limit: 20 participants

Member: \$50

Potential Member: \$75

50% off with a physicians referral



50% off with Physician Referral

*Bring referral to the Member Service Desk and register for the class during the registration period.

SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150

803-773-1404

ymcasumter.org



This program was created by
YMCA Personal Trainer and Fitness
Nutrition Specialist,
Missy Corrigan.

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

This program is designed to give you the tools, education and knowledge to be able to make the most of your time in the gym and to help you make the healthiest food choices possible that supports muscle and reduces body fat. You will receive a specific nutrition and exercise plan.

Meetings will take place every week for 12 weeks. To hold you accountable there will be a weigh-in and body fat analysis at every meeting. Each meeting will last 1 hour.

Meetings and discussion topics (order may vary):

Time Management

Fueling your Body: What, why, how and when you need to eat

Stress Management

Body Fat vs. Weight: What is the difference?

Heart Health

Understanding Food Labels

Sugar & Salt—how much is too much?

Cardio vs. Weight Training: Which is better?

How to Avoid Hitting a Plateau

Making Sense of Dietary Fats

InBody Analysis

Body Fat: Internal vs External



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