



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A NEW YEAR A NEW YOU

COMMIT TO BE YFIT

This 6-week health and wellness starter program is the first step into taking control of your personal well-being. Designed to help you prevent and/or manage health risks and improve body composition through proper nutrition and exercise, each week a different educational topic will be discussed that will support your efforts in making healthy changes for a long, healthy and fit life.

January 8 - February 12

Tuesdays, 6:00 pm in Conference Room

Registration:

December 26 - January 7

Cost: Free with a physician referral

Without a physician referral:

\$50 Members

\$75 Potential Members

Class is limited to 20 participants



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



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

This disease prevention program is designed to give you the tools, education and knowledge to be able to make the smartest and healthiest choices that support your overall health and wellness goals as well as support and motivation as you transition into an active and healthy lifestyle.

Meetings will take place every Tuesday for 6 weeks.

Discussion topics:
(Order of sessions may vary)

Session 1

Orientation: Learn how to navigate the YMCA and exercise equipment

Session 2

Nutrition: Identifying foods that support your efforts for good health

Session 3

Stress Management: Learning to quiet and calm oneself for growth or healing

Session 4

Time Management: Finding time to take care of your health

Session 5

Tracking food and creating recipes

Session 6

Exercise for heart health and a strong body

*No refunds given after the first meeting

*Potential members and those who were referred by a physician (written prescription must be on file) will receive a temporary pass for the duration of the class in order to use the facility for workouts.

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