

YFIT PHILOSOPHY

The basic philosophy of YFIT is that while we all differ in size, body composition, age, gender and shape, our body's basic dietary and physical needs for survival do not. We all require the same nutrients to function efficiently and effectively.

Additionally, we all require the same functional exercises to keep our muscles and bones strong for independent living. There is no reason why a man and woman should train any differently.

This educational program series is about fueling your body, feeding it what it needs in order to function, 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 health risks.

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



FUEL YOUR BODY
TRAIN FOR LIFE

SUMTER FAMILY YMCA

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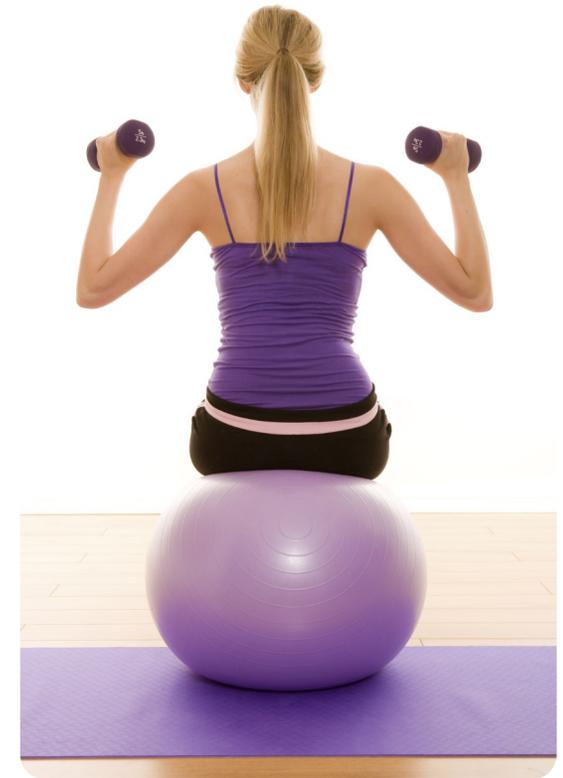


sumterymca



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YFIT PROGRAMS



Commit To Be YFIT

STEP 1: This 12-week behavior change health and wellness starter program is the first step into taking control of your personal well-being. It is designed to help you prevent and/or manage health risks by preparing you to take control and make the best decision to improve your health. 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.

Education Topics:

- Self Assessments
- Behaviors and habits
- General nutrition and Exercise
- Time Management
- Stress Management

Class currently limited to Members* only

Program Cost: \$50.00 Members**

* Non-members can participate by becoming a member of the YMCA. Physician referral waives join fee.

** Program fee waived with physician referral.



YFIT Camp

STEP 2: Learn how to properly fuel the body and support all the working systems of the body in this 6-week lifestyle change program. The program empowers you with the tools you need to create positive wellness by improving body composition and reducing health risks.

Weekly Weigh-ins & Body Fat Analysis

Complimentary InBody Analysis

Education Topics:

The 3 W's of Nutrition - Why, When, What

Cardio vs. Weight Training

Body Weight vs. Body Fat

Making Sense of Food Labels

The Role of Fat Cells

Factors that Impact Change

Program Cost: \$75.00 Members**

Class currently limited to Members* only

25% discount with physician referral

Class limited to Members* only

Step 3: YFIT Support: Continue the program with a one-on-one monthly meeting with a YFIT coach that includes counseling and assessments.

Monthly Cost: \$10.00

TEAM YFIT

Join team YFIT for motivation and support as you take your health and fitness to the next level.

You will receive 12 weeks of customized nutrition and exercise programming to meet your goals. There will be individual bi-monthly meetings with your trainer to monitor progress through assessments.

Program Cost: \$175.00 Members
\$225.00 Potential Members

FREE InBody Analysis (weeks 1 & 12)

YFIT Maintenance: After 12 weeks you have the option to continue the program with a monthly meeting that includes a body assessment and new exercise programs.

Monthly Cost: \$25.00



One medical referral cover Step 1 and Step 2. Limit of one physician referral during the calendar year.