

**OUR GOAL IS
TO HELP YOU
REACH YOURS.**



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**YFIT
START**



APPOINTMENT REQUEST

Sign me up for YFIT Start!

Name

Best way to contact

Preferred days and times to meet

Special requests or concerns

At the YMCA of Sumter, we exist to strengthen the local community. Together with people like you, we nurture the potential of kids, help people understand and improve their health, and support our neighbors.

SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150

Phone
803.773.1404

Website
YMCASumter.org

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



sumterymca

**LET'S BUILD
A HEALTHIER YOU!**



YOUR YFIT START COACHES WILL:

Our YFIT Start Program will support you in building an exercise routine by starting slowly, setting realistic goals and discovering what works best for you.

YFIT Start consists of 6 weeks of individual exercise designed for new and returning exercisers. During that time, you will have 6 appointments with a YFIT Start Coach to provide you with personal attention and extra motivation to help keep you on track.

YFIT Start provides a structured, sensible fitness routine that will gradually add new exercises. These small changes will lead to greater success in achieving your health goals.

- Review and assist you in developing your own YFIT Start Plan
- Provide an orientation on fitness center equipment
- Provide an accountability system
- Regular review and update your YFIT Start Plan
- Discuss options and provide guidance to continue your YMCA exercise experience after program graduation
- Evaluate your YFIT Start experience

YFIT START

By committing to the YFIT Start Program, you can improve your mental and physical well-being, increase your energy, and be equipped to make exercise a regular, enjoyable part of your life.

We will meet you at the starting line!

This program is offered at no cost to our YMCA members 15 years old and up.