



12 WEEKS TO A BETTER YOU

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YMCA MISSION
TO PUT CHRISTIAN PRINCIPLES INTO PRACTICE THROUGH PROGRAMS THAT BUILD SPIRIT, MIND & BODY FOR ALL.

COMMIT TO BE FIT

Free
to
YMCA Members



12 WEEKS TO A BETTER YOU

COMMIT TO BE FIT

■ YMCA COMMIT TO BE FIT PROGRAM

The Commit to be Fit Program is a 12 week personalized fitness plan for new or returning exercisers. The program is designed to lead you to a more physically active lifestyle. The Commit to be Fit Program offers guidance, motivation and structure in order to start and stick to a fitness routine.

■ YOUR YMCA COMMIT TO BE FIT PROGRAM INCLUDES:

- An appropriate cardio vascular workout and an orientation to the equipment.
- Instruction on how to stretch correctly.
- Instruction on the safe use of strength training equipment.

■ WHY CHOOSE COMMIT TO BE FIT?

Participation in YMCA Commit to be Fit Program meets your personal needs; fitness goals and empowers you to structure a lifestyle that becomes self motivational.

Research indicates that participating in an activity for 12 weeks establishes a routine which will increase your rate of success to develop and maintain a physically active lifestyle.

■ WHAT DOES COMMIT TO BE FIT OFFER?

PERSONAL ATTENTION

You'll meet with a YMCA Fitness Coach 4 times during your 12-week program to help plan your exercise strategy, answer questions and keep you motivated.

PERSONAL SPACE

You'll work in a room separate from the regular Lifestyle area so you can become familiar with the equipment and comfortable in the environment. You'll have staff nearby to offer instruction and encouragement.

PERSONAL SCHEDULE

In the morning, over your lunch hour or while the kids are in swimming classes -- you choose! The goal is to work out three times a week for 12 weeks.

PERSONAL PLAN

Your Personal Fitness Plan will be designed for you -- based on your exercise history, personal goals and aspirations.

■ WHAT DOES COMMIT TO BE FIT COST?

Personal Fitness is available to YMCA members at **NO ADDITIONAL COST**. Along with other classes and programs, Commit to be Fit is part of the YMCA's ongoing commitment to helping individuals and communities achieve their personal best.

■ HOW TO BEGIN YMCA COMMIT TO BE FIT

Schedule your first appointment by contacting Joe Puhl at 451-8001 ext. 228 or Teresa Claerbout at 451-8001 ext. 128.

You will have a program that challenges you and suits your goals and level of fitness. At some point, you'll transition to the Y's main fitness center to work toward and maintain a healthy lifestyle.

Although the program lasts 12 weeks, our commitment to your health lasts a lifetime. Y Commit to be Fit Program will teach you the skills you need to create a safe and effective exercise routine. It's the first step in achieving your personal fitness goals.

