



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SUPPORTING WELLNESS TOGETHER

## YMCA Wellness Initiative

### REACH YOUR WELLNESS GOALS WITH US

“I had been trying to get my health back since being quarantined, the River Valley Regional YMCA Wellness Initiative gave me the structure and motivation to start my wellness journey. I still have a ways to go, but now I have the tools and confidence to reach my goals and never look back.”

— Y MEMBER



Join today and get started on  
creating lasting change!

### PROGRAM OVERVIEW

- Free 6-week program for Members AND Non-Members who meet eligibility requirements.
- 60-minute consultation with personal trainer.
- Trainer/Participant established goals.
- Two 30-minute personal training sessions a week.
- Unlimited access to all member benefits.
- THREE Basic Nutritional Classes.

Check the back of this flyer for program details.

### SIGN UP TODAY

Visit the Welcome Center to sign up, or contact our team:

Eastern Lycoming YMCA | [elisaa@rvymca.org](mailto:elisaa@rvymca.org)

Williamsport YMCA | [rachelb@rvymca.org](mailto:rachelb@rvymca.org)

Lock Haven YMCA | [sarag@lockhavenymca.org](mailto:sarag@lockhavenymca.org)

Jersey Shore YMCA | [tamip@rvymca.org](mailto:tamip@rvymca.org)

Tioga YMCA | [heathers@rvymca.org](mailto:heathers@rvymca.org)

Bradford YMCA | [mattk@rvymca.org](mailto:mattk@rvymca.org)



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# FREQUENTLY ASKED QUESTIONS

## WELLNESS INITIATIVE

### **What is the Wellness Initiative?**

The YMCA's Wellness Initiative is a 6-week eat right and exercise program that offers two 30 minute one-on-one personal training sessions per week. Nutritional guidance and education, with progress tracking and group support, both in person and on line. The program is designed to help those seeking a healthier lifestyle to achieve their goals by making gradual changes to everyday behaviors and forming sustainable healthy habits. The River Valley Regional YMCA Health & Wellness team partners with participants to help them achieve their health and wellness goals through motivation, education, and guidance.

### **Who can enroll in the Wellness Initiative Program?**

The program is available and free at any of our 6 River Valley Regional YMCA branches.

Participants need be non-active or sedentary and meet one or more of the following criteria:

- Pre-Diabetic/Type II Diabetic
- High Blood Pressure
- Overweight
- Cancer Survivor

**RIVER VALLEY REGIONAL YMCA**  
**Stronger Together.**

Eastern Lycoming YMCA | Williamsport YMCA | Jersey Shore YMCA  
Lock Haven YMCA | Bradford YMCA | Tioga YMCA

### **How long is the program and how often does it meet?**

This 6-week program meets two times per week for 30 minute personal trainer-led workouts. Additionally, homework assignments and a list of recommended fitness classes will be provided if participants wish to add variety to their weekly workout routine.

### **How will I get started?**

Participants begin with an hour-long one-on-one consultation with their personal trainer. During this session, participants will discuss goals, health history and previous health challenges. Together you will perform a screening session as well as pre-testing to determine your baseline wellness. Participants will tour the facility and receive an orientation on our fitness equipment and available fitness classes.

### **What can I expect from this program?**

This program will introduce participants to behaviors that have been shown to lead to sustained wellness and invite participants to develop personalized plans to incorporate those behaviors into their personal lifestyle.

### **What are the workouts like?**

In each personal training session, you'll enjoy a full-body strength and/or, cardio circuit-training session designed specifically for you. Your trainer will help you modify the workouts to your level and ability.

### **What kind of education and support will I receive?**

Aside from fitness and exercise education, you will receive nutrition classes through a trained YMCA Wellness Trainer with guidance on proper eating habits, meal planning tips and resources.

You will begin and end the program with a one-on-one consultation where you will track your beginning and ending wellness levels and discuss your path forward to continue on your healthy living journey with the help of your newly found Y family.