

# Y-Change

South Hampton Roads YMCA



# Y-Change History

- Idea for Change
- Beginnings of the Change
- Members Success with the Program
- Healthy Change Spreads like fire

# What does it mean?

- Y
- Creating
- Healthy Habits
- And
- Nutritional
- Goals
- Everyday

# Y-Change Program

- What is Y-Change?
  - 6 Weeks to change
  - One Devoted Coach
  - 10-15 Enthusiastic Members
  - Nutrition and Exercise Information

# Why Workout?

- Fundamentals of Exercise
- Group Exercise Classes
- Personalized Classes
- Games
- Basic resistance training
- FitQuest powered by Activtraxx

# Why Nutrition?

- What is a Calorie and Why is it important to me?
- Food Portions
- Cooking Demonstrations
- How to Read a Food Label
- How to balance all the food groups
- Food Journaling

# What can we Expect Next?

- Five Additional Signature Y-Change Classes
  - Y-Change II
  - Y-Change Kids
  - Y-Change Teen
  - Y-Change Families
  - Y-Change Older Adults

# Donna Before Y-Change





# Donna After Y-Change

