

COACHING

KEEPING YOUR EMPLOYEES INVOLVED,
COMMITTED AND FIT.



The YMCA offers a number of options to your employees that can assist them in staying engaged in our Corporate Wellness Program. We are committed to better health. We offer solutions to maintain that commitment.

THE YMCA WELLNESS ORIENTATIONS

Your YMCA offers customized 30, 45 and 60 minute training sessions, designed around your busy schedule. Whether this is your first time working out, or your first time in a while, we will help you on the road to better health. Choose from one-on-one or partner coaching sessions that will help you learn to take full advantage of the many resources available to you at the YMCA. Your coach will work with you to create a program that incorporates realistic goals and involves a variety of enjoyable activities that suit your needs and schedule. You'll connect with your coach several times as you get started.

PERSONAL TRAINING

A nationally certified personal trainer will work one-on-one with you to achieve your specific goals. Sessions can consist of any mode of exercise and will incorporate special techniques and programs tailored to your needs and wants. All sessions are conducted by our motivational staff and can include sports-specific training, weight management assistance, lifestyle changes, and learning new exercises/routines.

Personal trainers can:

- Monitor and record progress
- Assist in proper heart rate training
- Help set personal goals
- Develop your personal wellness profile
- Provide one-on-one sessions
- Give health and nutrition information
- Assess strength, flexibility and aerobic endurance

YMCA HEALTHY LIFESTYLES PROGRAMS

Healthy Lifestyles programs at the YMCA go beyond physical activity, to focus on additional lifestyle areas that enhance health and wellbeing, such as “whole person” wellness, nutrition and weight management and much more. The emphasis is on self discovery and teaching strategies for successful and sustained behavior change in a positive, supportive and accepting environment. To provide the highest level of quality, most of our Healthy Lifestyles programs have been developed in collaboration with a variety of national and local health care, academic and community partners.