

SMART START PROGRAM

Smart Start is a free behavior change program offered by the YMCA of Greater Toledo and is intended to set our members up for success. While our staff is available to talk with our members whenever they need to, our Smart Start Session appointments guarantee dedicated one-on-one time.



All new, current or returning members are encouraged to take advantage of this FREE program!

WHAT MEMBERS CAN EXPECT

- Dedicated one-on-one time with a trained Wellness Professional Coach
- Discuss your needs, interests and develop obtainable goals
- Determine a follow up plan that works best for your schedule
- Session Appoints are scheduled for 30 minutes

Our Smart Start Program consists of three session appointments, however members are not required to attend all three sessions.

REQUEST A SMART START SESSION TODAY!

SESSION APPOINTMENTS

Session 1

MEET YOUR WELLNESS PROFESSIONAL COACH:

Get to know your coach, while your coach learns what your wants and needs are. Your coach will provide suggestions and guidance along with a tour of our facilities.

Length: 30-45 mins

Session 2

CHECK IN: This is dedicated time to review your progress, discuss your wins and losses and ask our coaches questions

Length 15-30 mins

Session 3

STAY MOTIVATED: Follow-up with your wellness professional coach. Discuss other aspects of our Y.

Length: 15-30 min

Sessions are designed to meet the needs of our members. Members have the choice to attend up to all three sessions, however all three sessions are not required.