

# SMART START PROGRAM

Your new routine at the YMCA deserves a Smart Start. It can be a little intimidating joining a gym. You can get a head start, though, through our Smart Start program; it offers you three private (and stress-free) one-on-one sessions with a trained wellness coach. It's free. It sets you up for success. And it's effective.



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 coach
- Discuss your needs, interests and attainable goals
- Introductions to our facility and staff
- Determine a follow-up plan that works best for you

Our Smart Start Program consists of three sessions; however, members can schedule fewer or more.

**REQUEST A SMART START SESSION TODAY!**

## SESSION APPOINTMENTS

**Session 1 MEET YOUR TRAINED WELLNESS 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 the facility.

**Length: 30-45 mins**

**Session 2 PROGRESS CHECK-IN:**

This is dedicated time to review your progress, obstacles and "wins." How are you doing and feeling? Checking in with your coach can answer questions and provide encouragement.

**Length 15-30 mins**

**Session 3 STAY MOTIVATED:**

Follow-up with your wellness coach once more to talk about achieving your goals. It's also a time to talk about other aspects of YMCA that might interest you later

**Length: 15-30 min**

Get to know our staff, our programs and our amenities and equipment. Schedule a Smart Start session today!