

START SMALL. AIM HIGH.

Of all Americans, 97% struggle to complete their regular exercise each week, even though we know how important it is to our health and well-being.

As a new or returning Harrison Family YMCA Member, we would like the opportunity to connect with you and help you meet your personal health and wellness goals.

WE WILL GET YOU STARTED and give you the tools to KEEP GOING with our Healthy Living Orientation!

FOR MORE INFORMATION

Healthy Living Director
Michelle Johnson
mjohnson@rmymca.org
252-972-9622 ext.245



HARRISON FAMILY YMCA
1000 Independence Drive
Rocky Mount, NC 27804
P 252-972-9622
harrisonfamilyy.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FITNESS JOURNEY

Healthy Living
Orientation

HARRISON FAMILY YMCA



GETTING STARTED

Become comfortable with our facility and get started in the right direction on your health and fitness journey!

Members must register at the front desk to participate in this program.

HOW IT WORKS

Group orientation will be on Mondays and participants can choose to attend from 9:00am-10:00am or 6:00pm-7:00pm. Each session will be limited to 6 people. A staff member will demonstrate how to correctly use the cardio and Precore strength machines and go over our wellness floor guidelines during the session.

You will also be introduced to our programs, classes, machines and become acquainted with our trained Healthy Living staff.

THIS PROGRAM IS FREE TO ALL NEW & RETURNING MEMBERS!

IN YOUR SESSION...

- Get friendly guidance from our trained coach, who will take you on a guided tour of the cardio and strength equipment
- Get answers to your exercise questions
- Learn measurable effects of your exercise on mood, stress, and energy levels
- Receive an overview of the building and our programs and services
- Gather many great tips to help you stay on track!

BENEFIT TO YOU

- Build success
- Commit to a manageable program
- Create realistic expectations
- Increase energy levels
- Improve mood
- Reduce fatigue
- Tailor workouts around activities you enjoy
- Connect with other members and staff
- Become more comfortable with the facility and your new health journey!

TAKE YOUR HEALTH & FITNESS EVEN FURTHER...

COMPLETE HEALTHY LIVING ORIENTATION FOR 10% OFF PERSONAL TRAINING!