

START SMALL. AIM HIGH.

97% of Americans 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 Y Member, we would like the opportunity to connect with you and help you meet your personal, health & wellness needs/goals.

WE WILL GET YOU STARTED and give you the tools to KEEP GOING with our Coach Approach Program.



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

www.harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR FITNESS JOURNEY

**Coach Approach
Program**

HARRISON FAMILY YMCA



GETTING STARTED

You may sign up at the front desk to participate in this program.

After you sign up, a Wellness Staff Member will contact you via telephone to set up your initial appointment with your coach.



HOW IT WORKS

We will meet with you one-on-one over a 3 week period with a 30 minute session per week. During these sessions, we will evaluate your goals together, give you advice and lead you in the right direction that will be most valuable on your health and fitness journey!

You will also be introduced to our programs, classes, machines and become acquainted with our certified Wellness Staff.



This program is FREE to all new and returning members.

**HELLO TO YOUR NEW
FINESS JOURNEY...DONE
THE RIGHT WAY... THE
WAY FOR YOU!**

DURING YOUR SESSIONS

- Get friendly guidance to safely use the Precor brand of strength equipment and cardio equipment from a certified and knowledgeable wellness coach.
- Begin your program starting with your health goals.
- 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 its facilities, programs, and services.
- Gather many great tips to help you stay on track, no matter what happens.



BENEFIT TO YOU

- Build Success
- Commit to a manageable program
- Create realistic expectations
- Increase energy levels
- Improve mood
- Reduce Fatigue
- Find the connection between exercise & feeling better
- Tailor workouts around activities you enjoy
- Connect with other members and staff
- Become comfortable with the facility and your new health plan



Once you finish your Coach Approach Program, you will be given a discount for our Personal Training. Upon completion, you will be given the coupon. Show this to a front desk representative to receive your discount!