

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 or Renewed Senior 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 for Seniors.



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

KEEP MOVIN' STAY CONNECTED

HARRISON FAMILY YMCA

**Senior Coach
Approach**



GETTING STARTED

You may sign up at the front desk to participate in this program, but may start using your membership right away! You will receive a call after sign up to schedule your appointment.



HOW IT WORKS

We will meet with you over a 6 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 to keep you moving and staying connected!

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



HELLO TO HEALTHY...DONE THE RIGHT WAY... THE WAY FOR YOU!

This program is FREE to all new and returning Senior Members.

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.
- Receive an overview of the building and its facilities, programs and services.
- Get answers to your exercise questions.
- 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 this program, you will be given a coupon for our Personal Training program. Show this to a front desk representative to receive your discount!