



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Wellness Programs

Weight Management: Working consistently with a trainer can ensure that you focus your workouts around an effective strategy for efficient weight loss. This program gives you the motivation and expertise to successfully manage your weight, whether to lose weight, gain weight, or stay where you're at.

Stress Management: Life can throw many things at you that create stress. Our trainers will work with you to develop a workout that aids in the release of endorphins, which reduce the levels "stress hormones," such as cortisol.

Diabetes Moderation: Exercising is not only beneficial to weight loss, but also helps lower your blood sugar and helps your body accept insulin more efficiently. Cardiovascular exercise and strength training will be used to moderate the risks of diabetes and help to manage diabetes.

Healthy Back: Regular exercise not only improves your overall fitness, but also decreases your likelihood of back problems or injury. This program is designed to prevent back pain and to reduce existing back pain. Trainers will incorporate strength training, to strengthen the core, and flexibility.

Blood Pressure Moderation: High Blood Pressure and not getting enough exercise are closely related. You will incorporate cardiovascular training with strength training to start seeing a change in your blood pressure within one month with regular exercise. This program can help you maintain good blood pressure and lower high blood pressure. Trainers will regularly check your blood pressure to monitor your progress.

Begin your Wellness Program with 3 Easy Steps

Step 1 Fill in your personal information

Name: _____ Gender: ____ DOB: ___/___/___ Age: _____
 Address: _____ City: _____ Zip: _____
 Primary Phone: _____ Email Address: _____
 Emergency Contact: _____ Phone: _____

I would like to donate an additional \$ _____ (tax deductible) to assist youth in need of financial assistance.

I hereby certify that I am in normal health and capable of safe participation in this program. I assume all risks and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA to obtain medical treatment for me in the event that the emergency contact cannot be reached. **By my signature and my own free will, I do hereby agree to indemnify and save harmless the YMCA of Tyler from any and all claims or demands, costs or expenses arising out of injuries, damages or other losses, whether personal or property, sustained by me or any party to whom I am responsible. I also understand any photography or film of my participation may be used for marketing and promotional materials without compensation .**

Signature _____

Date _____

Step 2 Select a Program (circle one)

Weight Management Stress Management Diabetes Moderation Healthy Back Blood Pressure Moderation

Step 3 Select your desired number of sessions _____ (See Chart Below For Pricing, please specify type and number of sessions)

	30 minute training	Individual Training	Partner Training (2 People)
1-3 Sessions	\$20/session	\$33/session	\$45 total/session
4-7 Sessions	\$18/session	\$31/session	\$42 total/session
8-11 Sessions	\$16/session	\$29/session	\$39 total/session
12 + Sessions	\$15/session	\$27/session	\$36 total/session