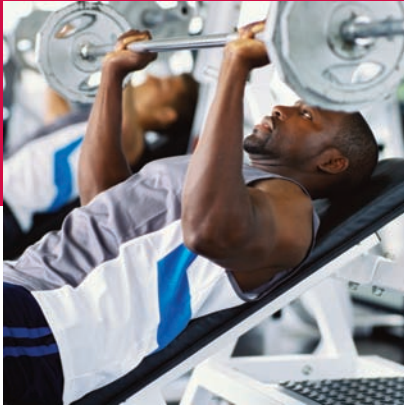


YMCA BUFFALO NIAGARA AND
INDEPENDENT HEALTH PRESENT

FITSTART

Where Lifelong Health & Fitness Begins



The FitStart program is perfect for individuals seeking to gradually increase their physical activity and get their health back on track. If you're looking to lead a healthier lifestyle and could benefit from the guidance and support of a structured fitness program, FitStart could be the right fit for you.



**12-WEEK PERSONALIZED
FITNESS PROGRAM**

Get motivated. Get moving. Stay on track.



Independent
Health.



Independent
Health.

WHY FITSTART?

If you're looking to start a fitness routine but don't know where to begin, FitStart's personalized exercise program can help. This 12-week exercise program is designed to provide the guidance, education and support needed to achieve your health and wellness goals. You'll learn how to properly use a range of fitness equipment, structure a workout program, and work with personal trainers who will help motivate you to make lasting lifestyle changes.

PROGRAM PERKS

- Improves your health and quality of life.
- Promotes a long-lasting lifestyle change.
- Encourages you to make health and fitness a priority.
- Includes a 12-week membership to the YMCA with exclusive membership key tag.
- FitStart T-shirt, water bottle, fabric tote and fitness journal.



STAY ON TRACK WITH FITSTART

- Small group of 8–12 fellow “health-seekers” offers support and motivation.
- Group meeting with personal trainers provides the following:
 - An initial fitness assessment
 - A discussion about the program, individual goals, challenges, and barriers to success
 - Basic nutrition information
- Weekly fitness homework assignments and a fitness journal help you stay engaged and track your progress.
- Personal trainers provide proper and gradual orientation on the use of exercise equipment and work with you to build a regular exercise routine.

TRAINING SCHEDULE

- Your group will meet with a trainer each week.
- Exercise on your own schedule at least two additional days a week and log your activity.

TRAINING PROTOCOL**

- 3-minute warm-up
- 20–25 minutes strength training
 - 1 set of 8–12 reps per major muscle group
- Static stretching after each resistance exercise
- 20–25 minutes endurance exercise
- 3-minute cool-down

** Based on American College of Sports Medicine (ACSM)
