

# YMCA 90 Day Personal Coaching Program

## Can You Commit To Exercise 3 Times Each Week?

If you can, then you are eligible to sign up for the YMCA 90 Day Personal Coaching Program.

The 90 Day Personal Coaching Program comes FREE with your YMCA membership, and requires a personal commitment to exercise at least 3 times each week. The 90 Day Program includes (4) FREE one-on-one sessions with a Personal Coach to help get you started and keep you motivated for the first 3 months.

How committed are you to exercise?

Only you know the personal costs and benefits of exercising 3 times each week.

You probably lead a busy life, so taking care of yourself and your needs won't happen unless you give them a prominent place on your list of things to do. To be successful at making changes in your exercise habits, you must be willing to place your personal exercise goals at the top of your priority list.

This means re-prioritizing your schedule and letting go of commitments that fall lower on your list.



For more information contact Eddie White at (360) 258- 3834 or [ewhite@ymca-portland.org](mailto:ewhite@ymca-portland.org)



The achievement of your goal is assured the moment you commit yourself to it.  
~ Mack R. Douglas ~

# YMCA 90 Day Personal Coaching Program Benefits

- a. Someone to be accountable to; which can be motivating and inspiring
- b. Requires you to make a personal commitment to exercise; which makes it harder to say NO!
- c. Makes exercise more "FUN", because you get to learn new exercises, which reduces boredom and staleness. It also prevents plateaus.
- d. It may prevent you from having a "bad" experience with exercising, and, or having a negative feeling towards physical activity programs.
- e. It will increase the chance that you will stick to your exercise program.
- f. It can help you with eliminating personal barriers to exercise.
- g. Increases your confidence in changing exercise habits
- h. Increases the chance that exercise will become more important to you.
- i. Provides support and encouragement
- j. Enables you to cope with stress more effectively
- k. Provides you with your very own "Personal Coach" for the first 3 months.
- l. Increases the chance that you will achieve your fitness goals
- m. Provides (1) "FREE" nutrition class. (Saves you \$5)
- n. Prevents a "setback" or a lapse in your exercise behaviors
- o. Helps you to change your exercise focus from "outcomes" to "behaviors"
- p. Increases the chance of having better emotional health, physical health, and improved medical status
- q. Improves all 5 components of physical fitness: Cardiovascular, muscular strength, endurance, flexibility, and body composition.
- r. Improves posture
- s. Increases your resting metabolic rate
- t. Improves the functioning of your immune system
- u. It will lower your risk for chronic diseases and illness
- v. It will help decrease your mortality rate from chronic diseases.
- w. It can help you prevent or delay the development of high blood pressure
- x. It can help you prevent, and, or control diabetes
- y. It can help you to maintain bone mass
- z. And finally, but surely not the last, It will enhance the quality of your life, make you feel better, and help you to live a healthier and happier life!



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