



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS JOURNEY 2012

HEALTH & WELLNESS Resolution Tracker



We know that healthy bodies aren't limited to numbers on a scale, so we want to help you have a better way to track your fitness! **New or long-time Y member, we want to empower you to meet your fitness goals in 2012.** On January 29th, we are going to kick-off the New Year by offering fitness assessments. These baseline assessments of strength, flexibility, balance, and endurance will serve as your **own personal tool** to determine the **direction of your fitness goals**, as well as a more complete way for you to track your progress. In 3 months, we will do the same assessments so you can see the progress you've made!

Space is Limited, so RSVP to kimberly@eugeneymca.org today. 15 years old and older.

- Dates** Sunday the 29th of January.
2:00 pm
- Location** YMCA Basketball Court
- Bring:** Wear comfortable clothes that do not restrict your motion & walking shoes. Dress in layers, the gym is chilly.
- Cost:** **Free** to YMCA members
\$15.00 for potential-member

EUGENE FAMILY YMCA
2055 Patterson Street, Eugene OR 97405
P 541 686 9622 W eugeneymca.org

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is more than
numbers on a
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