

# SMART START

## KICKOFF TIME

Date: \_\_\_\_\_ Time: \_\_\_\_\_ am / pm

With: \_\_\_\_\_

Stop at Service Desk First.

# HELPING YOU GET THE RESULTS YOU WANT

Exercise programs can be intimidating.

Whether you feel like a fitness failure or a fearful first-timer, relax, we'll be with you every step of the way.

We'll ensure you get off on the right track with the right program based on your specific goals

Let us show you how to ensure success.



# SMART START

# LET'S GET STARTED



## WHAT IS SMART START?

Smart Start is a program that provides you with an easy-to-follow plan and cutting edge fitness tools. You will not be alone in this process. Our highly trained staff will help you set attainable goals and will provide the ongoing support necessary for your success.

## WHY DO I NEED THIS PROGRAM?

The odds are stacked against you if you try to go it alone. Studies show that 85% of people who try an exercise program will fail. That's where we come in. We know what works from our years of wellness training experience. We give you the basics to help you hit the ground running with absolute confidence, and without feeling overwhelmed.

## HOW DO I GET STARTED?

In three short meetings over the next 30 days, we can take you from an exercise skeptic to a highly confident individual who is excited about working out. In less than two hours of your time, you will gain the tools and resources that will help you succeed.

Here's how...

# BEGINNING YOUR WELLNESS JOURNEY

1

To help you achieve your wellness goals and get the most out of your Y investment, it's important for us to spend some time getting to know you.

## THE GOAL OF THIS SESSION IS TO:

- Get to know your dedicated wellness coach who is here to serve you!
- Understand your goals and expectations so together we can develop an action plan to ensure your success.
- Teach you some basic tips so you can hit the ground running.
- Start exercising and having some fun!

# CHECKING YOUR PROGRESS

2

You've begun exercising and you're starting to get comfortable. After spending some time on your own, it's natural to have some questions.

## THE GOAL OF THIS SESSION IS TO:

- Review your progress towards your fitness goals.
- Answer any questions you may have about exercises, equipment or our facilities.
- Learn some innovative fitness tips to help you progress even faster.

# KICKING IT UP A NOTCH

3

You've gained important fitness knowledge and begun to implement a solid wellness strategy. This critical last meeting will help you recognize and overcome the most common obstacles to healthy living.

## THE GOAL OF THIS SESSION IS TO:

- Understand why 85% of people who begin a new exercise program fail and how to avoid those same pitfalls.
- Learn the basics of nutrition to maximize your energy levels and long-term health.
- Establish longer-term goals to achieve in the next 3-6 months.



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

# **GET OFF ON THE RIGHT FOOT WITH SMART START... A FREE PROGRAM FOR ALL NEW YMCA MEMBERS.**

## **WITH SMART START, YOU WILL...**

-  **Eliminate the trials and errors of random exercising**  
By formulating a plan of action with your coach to ensure not only that you succeed, but also have a lot of fun in the process
-  **Learn key exercises that will make the greatest impact based on the goals you have established with your coach**
-  **Meet like-minded people who are passionate about helping you get the most out of your membership and who will help you connect with other members**
-  **Get invaluable answers to common questions about health and wellness and learn what really works versus what is myth or hype**

-  **In less than two hours of your time over the next 30 days, you will finally learn what really works in terms of exercise, weight loss, and having more energy and vitality—not to mention just becoming healthier.**