



FEBRUARY MOVE YOUR WAY!

An Auburn Y Wellness Incentive

February 8 - March 8

February is National Heart Health month.
Let's get moving toward a healthier year!

The New Year often prompts people to reassess their health. By mid-February, we often lose interest. Often our goals are too lofty to achieve and true healthy habits haven't been formed.

We Can Help!

Join your Auburn YMCA Health & Wellness team in our FREE monthly accountability "Challenge"! This is not a weight loss or quick fix challenge with meal plans and huge workouts. This is simply a way to help guide you while working on the habits you must have in order to achieve long term goals and lifestyle changes.

Our Team Will Offer

- Weekly Tasks from which you will create an action plan to achieve your goal.
- Mini workouts that are mostly bodyweight movements that you can do at home.
- Weekly check-ins through our private Facebook group and email.
- Once a week Zoom check-ins will help to build confidence, assess the week's goal together, discuss obstacles and find ways to overcome them BEFORE they become roadblocks to success.
- Group support from individuals who may be experiencing similar challenges.
- Celebrate achievements together!

The Health & Wellness Director is available to address your concerns or answer any questions concerning the logistics of how this will work.

Please contact Laura Clary to Register or for Questions at 315-990-0696 or Laura@Auburnymca.net



Auburn YMCA-WEIU www.auburnymca.org
27 William St, Auburn NY 13021 315.253.5304