

Thank you for your continuous support and encouragement throughout the Kick Start Program.

I personally, have enjoyed the sessions that we have had with the group.

The first 12 weeks were challenging, and I like to be challenged. The exercises made me work hard, and I loved it. Also, having a trainer working with us, helped make sure that I was doing the exercises properly by demonstrating the proper form to prevent injury, and get the most out of the exercise. It was fun too.

The final 12 sessions that involve nutrition have been informative and a good reminder of how to eat healthy. Even though, I did and do know most of the subjects that we have covered regarding nutrition, it never hurts to refresh the memory. I have been trying diligently to follow the Healthy Eating Food Guide and was doing quite well. There were days (and more to come I'm sure), where 'I fell off the wagon' but I know enough not to get discouraged and continue with what I have been doing. The resources and articles that have been given to me have certainly helped. You can never have too much information. Still working on reading food labels, and getting better at paying attention to ingredients on these labels.

The cooking classes are excellent. The recipes are easy, fast, and they enforce the fact that eating healthy doesn't have to take hours or a lot of money. Also, working in groups is fun, and I have met very nice people. The Y is definitely a community.

Thank you to the YMCA organization for introducing The Kick Start Program. The Y has so much to offer an individual swimming, yoga, dance, exercise, or just taking a walk. There are many other activities offered to the entire family. So, Kick Start is a bonus.

The only thing is that the Kick Start sessions are too short. More time would be appreciated. There are times where we're rushed. One of the best parts of Kick is communicating and sharing with the group. This is how we learn new ideas, recipes, and give encouragement to one another. Also, another location would be great. It's very noisy, and distracting, and it was difficult to have a conversation.

Other than that, the Kick Start Program was great.

Thank you

Regards

PJ