



YMCA of  
Niagara



# YMCA KICK START

Achieve your health goals

## 12 Week

### Fitness and Nutrition Program

[ymcaofniagara.org](http://ymcaofniagara.org)

Niagara  Region

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



# Welcome to YMCA Kick Start!

## Achieve your health goals

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### 12 week fitness and nutrition program included in your membership

The YMCA Kick Start Program helps members move towards achieving their health, fitness and nutrition goals, support by Niagara Region Public Health.

This signature program will help you take the first steps towards building a healthy lifestyle, refreshing your routine or trying something new.

You will have the opportunity to:

- Establish a network of social support at the YMCA;
- Receive ongoing feedback, goal setting and coaching from trained fitness professionals; and
- Develop behaviours that promote long-term healthy living

## We're excited to join you on your journey!

*Building healthy communities*

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