



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

Motivation Delivers Results

The Akron Area YMCA's LOSE4U weight loss program always serves to improve the quality of life for those who participate. Kristy Cino participates in LOSE4U at the Riverfront YMCA and has lost over 20 lbs as a result, but that's not the only way she has benefited. Kristy's confidence and motivation are the highest they've ever been in her life.

Before Kristy decided to join LOSE4U, she never exercised. She wasn't really worrying about staying active. By participating, she experienced first hand the benefits of leading a physically active lifestyle, and experienced increased motivation and determination.

"I make time every day to do some kind of activity," said Kristy. "I'm now signed up for a new class and I always look forward to all the different activities I can participate in."

Kristy also explained that the positive experiences and good relationships with the other participants in the LOSE4U program also made an important impact on her motivation and dedication.

LOSE4U has increased Kristy's motivation tremendously. From the personal trainers to the supportive teammates, every participant receives motivation and support. If it weren't for LOSE4U, she may have never seen the results she has achieved.

Like Kristy, survey respondents from the Akron Area YMCA's healthy living programs reported the following **benefits**:

97% enjoyed social interaction with staff and other participants.

96% developed awareness of the benefits of physical activity.

95% experienced improved self-esteem.

