



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING

## A Family That Plays Together Stays Together

On nearly any given day of the week, you can be sure that at least one member of the Nicol family will be at the Riverfront YMCA. Brian, Mandy, and their 5-year old daughter Daphne became Y members in October 2013 after attending a Family Fun Night. They have been active members ever since. Mandy takes several classes, including Zumba, Triathlon Training, and Wild Card. She and Brian both utilize the Wellness Center and personal training. Daphne attends a 3-day preschool program, participates in gymnastics, and enjoys going to Child Watch.

Mandy and Brian love that the Y has such a friendly atmosphere. Mandy says, "It feels good walking in and thinking, 'I belong.' Everyone is so friendly and welcoming." She has built relationships with others who support and encourage her. She says, "It is very much a 'we,' not a 'me' working out. It's an 'us'."

Brian and Mandy are happy that the Y is a place that their daughter can learn, play, and make friends. Brian says, "Daphne loves Child Watch. She wants to give every kid a hug before she leaves!" Daphne also loves going to preschool. When asked about her teachers, she said, "I love them so much because they help me make our letters!"

The Riverfront YMCA offers the Nicol family the opportunity to be active, build relationships, and spend time together as a family. Mandy says, "A family that plays together stays together." They love that the Y is not just a fitness center; it is a family-friendly environment that has something for everyone.



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

- 96%** experience improved self-esteem.
- 97%** experience improved physical health.
- 97%** enjoy social interaction with others.