

# YMCA Fitness Newsletter



## MISSION IN ACTION

June marked the 170th anniversary of the Y—a global organization that began with a simple but powerful idea: a strong, supportive community can help people build healthier, happier lives. Since its founding, the Y has grown into one of the world's largest volunteer organizations and become renowned for its commitment to helping people of every background reach their true potential. The Y was founded by **George Williams**, a 22 year-old department store worker

and former farmer who moved from rural England to London during the Industrial Revolution. Troubled by the quality of life available to young men like him in the city, he wanted to create a community where they could feel safe and take refuge from the city's dangerous influences. Together with 11 friends, Williams established the Young Men's Christian Association on June 6, 1844. His idea caught on quickly and before long the mission to build healthy spirit, mind

and body for all spread throughout the world. The first Y's in the United States were started in 1851. Today the global Y movement makes a difference in the lives of 58 million people in 119 countries. It has grown to be as diverse as the many communities it serves, yet its original purpose to meet community needs remains unchanged. What began 170 years ago as one man's idea is now embraced world wide as an enduring force for enriching the common good.

### WE'RE MORE THAN YOU KNOW.

- Basketball and volleyball were both invented at the Y.
- The world's first indoor pool was at a Y.
- The USO was created with help from the Y and the Peace Corps was patterned after a Y program.
- Father's Day was created at a Y.

## Annual Campaign News

The Sandusky County YMCA Annual Campaign raises funds to help provide opportunities in many ways to many people. We need your help to continue growing those opportunities through giving.

The 2014 goals are to collect \$50,000 and to have 100% participation from staff. Even a \$5 contribution goes a long way in helping to support the many programs held here. It also allows us to proudly tell

other businesses and individuals in the community that our staff stands behind and contributes to the campaign.

Funds collected help Sandusky County residents enjoy all that the YMCA has to offer.

We operate with the philosophy of charging fees to those with the ability to pay and helping those who can't. Financial assistance is given to those who cannot afford to pay program or membership fees.

Annual campaign funds also provide funding to help cover costs of operation for Healthy Kids Day, Halloween Family Fun Night, youth sports, day camps and much more.

Please consider giving even a small amount to our Annual Campaign. A little really can go a long way. For more information, please contact Ruth Keck, Development Coordinator, at [ruth@frymca.org](mailto:ruth@frymca.org) or 419-334-9622.

# Tell Us Your Story

As fitness instructors, you are ambassadors of good will, promoters of good health and motivators for students to stick with the exercises they love. Without you, we would not be able to impact the more than 1,200 people who enroll in the Sandusky County YMCA fitness classes.

Many of you have changed lives through your fitness guidance and the life lessons that go along with it. Or maybe your own life has been changed through your fitness in-

structing and guiding students. Either way, certainly you have success stories from your Y experiences.

We'd love for you to share them so we could pass along more ways that "we're more than just a gym."

It isn't always easy putting pen to paper, but the Y-USA has created a

form that will help make story sharing easier. We'd like to compile stories about Sandusky County YMCA experiences and would love to start with you. Using the "Ask Me Why" form below, please tell us how the Y has impacted your own life.



## ASK ME WHY



I've been involved with the Y since \_\_\_\_\_! My first experience with the Y was as a/an \_\_\_\_\_ when I \_\_\_\_\_  
year child/adult  
describe how you first got involved

Currently, at the Y I am a/an \_\_\_\_\_ and serve our members and participants by \_\_\_\_\_  
job title describe what you do

The person I am most thankful for meeting at the Y is \_\_\_\_\_  
member, participant, volunteer, or staff  
\_\_\_\_\_ comes to the Y to/for \_\_\_\_\_. What inspires me about \_\_\_\_\_  
name program, service, or job  
\_\_\_\_\_ is \_\_\_\_\_. The Y has helped  
name describe your inspiration  
him/her by \_\_\_\_\_  
how the Y has helped

### Ask me why...

If I had just 30 seconds to share with someone how the Y is so much more, I would share \_\_\_\_\_'s  
name  
story and say, \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## WE NEED YOU

Not only are you ambassadors of good will and good health, but you are the motivators that help people find their favorite form of fitness and stick with it.

The fitness world however, is always looking for a new way to burn calories, build lean muscle and do it in a fun yet challenging way. A way that

motivates our clients to continue staying active.

Is it time to ask what's next for our Y fitness classes? Is there anything "new" that you'd like to try teaching/offering to our patrons?

Now's the perfect time to talk about expanding/changing our line-up of fitness classes.

Please forward your ideas asap. Let's see what we could do to shake things up in our own little corner of the fitness world in time for the Fall Session.



**Uncle Sam—**

***The ultimate motivator?***



**“Exercise may be the closest thing we have to a fountain of youth, one of the best ways to age happy and well.”**

**- Dr. Andrea Cheville, a Mayo Clinic expert on exercise in the elderly.**

## SAVE THE DATES!

As part of the YMCA's mission to promote "Healthy Living," we continue to grow and promote our Sandusky County YMCA Racing Series and are pleased to announce a first ever golf scramble. The 2014-15 events are scheduled to include:

**Golf Scramble** at Sycamore Hills Golf Course – **September 19, 2014.**

**The Scarecrow Sprint 5K** at Walsh Park – **November 8, 2014.**

**Holiday Lazy Man Triathlon – November 16-December 20, 2014.** This event provides participants an opportunity to complete the swimming, cycling and running miles required to complete an Ironman over the course of a month.

**Indoor Marathon Relay – YMCA Field House Track – December 31, 2014**

**The Fremont Indoor 10K – YMCA Field House Track- February 1, 2015 (Super Bowl Sunday)**



**Color Your Run 5K – April 4, 2014 – Easter Weekend.** Course TBD

Please contact me (lcahill@frymca.org/419-334-9622) for more information.

## Sandusky County YMCA

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For Youth Development  
For Healthy Living  
For Social Responsibility

## Did You Know?

\* The first YMCA buildings constructed with gymnasiums opened in 1869. In 1881, Boston YMCA staffer Robert J. Roberts coined the term "body building" and developed exercise classes that anticipated today's fitness workouts.

\* Positioning the YMCA as an important partner in preventing chronic disease throughout the nation, Y-USA garners the support of high-ranking government officials. In 2010, First Lady Michelle Obama chose the YMCA as the venue to launch the pillars of her "Let's Move" campaign against childhood obesity.



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