

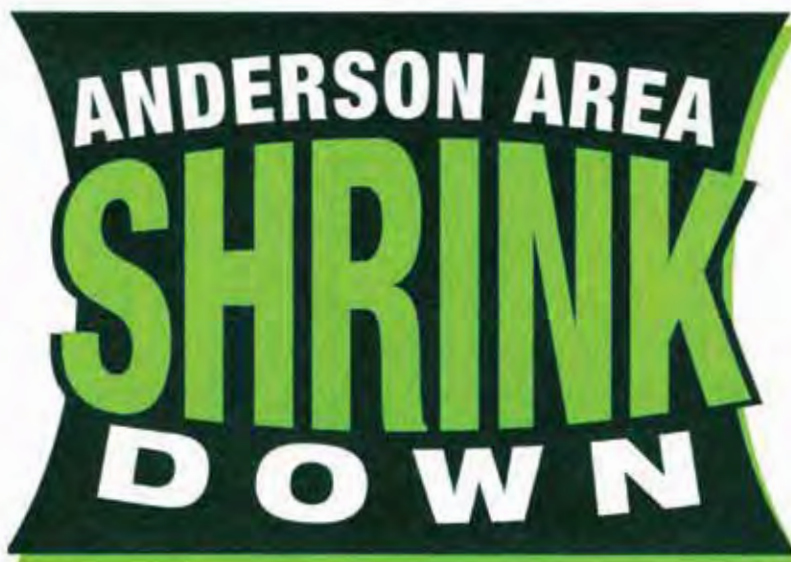


Anderson Area YMCA Newsletter

News and Information
about *your* YMCA.

Winter 2007

JOIN THE BIGGEST COMMUNITY
EVENT OF THE YEAR!



Fit into Life!

A FUN AND FREE WAY TO A HEALTHIER LIFESTYLE!

KICKOFF JAN. 8, 12:30-7:00PM @ CIVIC CENTER OF ANDERSON

WEIGH-INS ON FRIDAYS, JAN. 12-MAR. 2 @ 10 SITES

SPONSORS

ANDERSON AREA YMCA • ANMED HEALTH • ANDERSON UNIVERSITY •
• TRI-COUNTY TECHNICAL COLLEGE • DHEC • ANDERSON COUNTY • CITY OF ANDERSON •
• ANDERSON INDEPENDENT-MAIL • DOCLINK • FAIRWAY OUTDOOR • ANDERSON JOURNAL •

For More Information:

Call the *Shrinkdown Hotline* at 864•716•6809
or visit www.andersonareashrinkdown.com

A Message from the C.E.O.



Happy New Year from your YMCA! This time of year gives us the opportunity to reflect on the many ways God has blessed your YMCA in 2006 and also the opportunity to tell you, our valued member some exciting things to look forward to in 2007.

2006 Blessings

- 5% growth in YMCA membership without a rate increase
- \$170,000 given in financial assistance for programs and membership
- Addition of *Faith* as a fifth core value; *Caring, Respect, Responsibility, Honesty and Faith*
- Implementation of our new YMCA Ambassador Program
- Creation of the Fund Development Committee
- “New **Wellness for Life**” program in fitness department
- 650 students served weekly in our after school and 21st Century programs
- New playground equipment at our Westside Community Center Preschool
- Continued growth and development of our Makos Swim team
- Over 2500 youth served in youth sports
- Largest Silver Sneakers Program of any YMCA in South Carolina
- The People’s Bank Midnight Flight had record number of runners, including Governor Mark Sanford
- YMCA community golf tournament raised \$30,000 for scholarship assistance
- Creation of the Marketing and Community Relations position
- Reindeer Run had 309 registered runners
- Establishment of a quarterly newsletter for members and donors

2007 Excitement

- 2nd consecutive year without a membership rate increase
- Coming early summer; outdoor water park at your Wellness Center location
- Continued upgrades to wellness equipment
- Internet wireless capabilities for members at your Wellness Center
- Enhancement of the YMCA website
- Ability to register on-line for programs
- Anderson Area Shrinkdown – a free eight week community wellness initiative beginning January 8th

Your **YMCA** is much more to the Anderson community than a fitness center. The programs and services make a difference daily in the lives of all the people served from infants to older adults. That’s what makes working at the YMCA so enjoyable and rewarding.

As a YMCA member, you have the continued commitment of our staff to uphold the YMCA mission to offer quality membership services and programs and to be a leader in promoting a “**Lifetime of Wellness**” in the Anderson community. From everyone at the YMCA, we wish you a New Year of health and wellness!

Joe Drennon



Your YMCA Board of Directors

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Program Spotlight: Wellness for Life

The Wellness For Life programs consist of a multitude of opportunities for the YMCA

Wellness Coach over a 12-week period. The Wellness Coach will take you step by step through your fitness program encouraging and educating you as you go.

the young to the active older adult. Over 75 classes are offered each week which include: traditional step and floor aerobics, weight



If you have been exercising for a while but need a personalized workout program to help meet your fitness needs, try out our FitQuest program. A Wellness Coach will take you through a series of fitness tests to evaluate your fitness level. From this information, a workout will be designed to meet your needs. Re-testing can be done every 12 weeks.



Other programs that we offer for all YMCA members include a Member Fitness Orientation, Teen Fitness Orientation (13-15yrs), Youth Fitness Orientation (10-12 yrs) and an Adult Free Weight Orientation.

If you like group settings and support, we offer an array of Group Exercise Classes for

training, cycling, yoga and pilates. Finally, we offer Nutrition Consultations with our registered dietician, Amy Huggins. She can get you on the right track to eating a healthy diet based your health needs.

member. No matter your fitness level – we have something just for you!

If you have not exercised in over 6 months and/or need that extra motivation to get started, FitStart is the program for you. It consists of 6 bi-weekly sessions with a



Anderson Area Shrinkdown

Starting in January, you can get involved in a state-wide healthy awareness program that focuses on building a healthier lifestyle through healthy eating and exercise. The program will kick off at the Anderson Civic Center on Monday, January 8th anytime between 12:30-7:00pm with an initial weigh-in and health assessments including body fat, body mass index (BMI) and blood pressure.

between the Anderson Area YMCA, AnMed Health, Anderson University, Tri-County Technical College, DHEC, City of Anderson, Anderson County, Doc-link, and Medical Alliance, Partners for a Healthy Community, the Anderson Independent-Mail, the Anderson Journal, and Fairway Outdoor. Weekly weigh-ins will be available throughout Anderson County. Each week at the weigh-ins, participants will receive educational materials to add to their Shrinkdown notebook that they received at the kick off. Weekly health talks will be offered 4 times each week to expand

on the educational materials that are given out each week.

Visit the website, www.andersonareashrinkdown.com to find out more about the program.

The Shrinkdown program is a partnership

In South Carolina, the obesity rate rose 90 percent from 1990-2002. Sixty-one (61%) percent of South Carolina residents are overweight or obese, which puts South Carolina in the top 10 states in the nation for obesity.



Reindeer Run 2006.....Brrrrrrrrr!

The 6th Annual Reindeer Run and Pancake Breakfast was a huge success with over 300+ registered runners ranging from age 2 to 70. The runners woke-up to the coldest morning of the year registering around 18 degrees, but that didn't keep them at home snuggled in bed. Folks came with their sweat suits, gloves, hats and scarves knowing that they would be greeted with warm pancakes and hot chocolate after the race. Santa Claus kicked off both the 1 mile and 5k races sending everyone jingling on their way. It was a great family holiday event with lots of smiles and laughter.





Member Spotlight

Meet Rhonda Brown, a realtor by trade and a workout junkie. Working out has not always been her cup of tea, though. After her father passed away from heart disease, Rhonda realized she needed to make a lifestyle change (also a family history of heart disease and high cholesterol). Rhonda began a walking program with a friend in her neighborhood and continued until a foot injury put her on the sidelines. A friend of hers, Robin Tucker, encouraged her to join the Y and she did. A member since March of 2006, her weight loss and body transformation has been phenomenal. She has lost a total of 52 pounds and has her cholesterol under control. After reaching a plateau, she decided to hire a personal trainer, Nick Meets. Nick has kept her motivated and informed. She has lost inches and looks forward to exercising. What does it take to get results like this? Rhonda works out six days a week. After weight training 2 days per week, she completes 45 minutes of cardiovascular exercise. The other 4 days, she does 1 hour of cardiovascular exercise. When asked about any tips on exercising, Rhonda stated, "Get out of bed and get on the treadmill." Thanks to the great facilities and supportive staff at the Y, she is determined to keep the weight off. According to Rhonda, making this type of commitment must be done for yourself. At 48, she feels that she is in the best shape of her life!!



Shrinkdown Contact Information

Hotline:

864.716.6809

Website:

www.andersonareashrinkdown.com



Anderson Area YMCA
201 East Reed Road
Anderson, SC 29621

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