

***BENEFITS OF A WELL
BALANCED HEALTH
AND FITNESS
PROGRAM:***

- ♥ Lower resting heart rate
- ♥ Lower body fat
- ♥ Reduce high blood pressure
- ♥ Decrease blood triglycerides and cholesterol
- ♥ Strengthen heart muscle
- ♥ Increase muscular strength and elasticity
- ♥ Improve posture
- ♥ Enhance bone health
- ♥ Improve digestion
- ♥ Improve circulatory and respiratory systems
- ♥ Decrease incidence of heart disease
- ♥ Lengthen lifespan
- ♥ Improve quality of sleep
- ♥ Decrease risk of illness and injury
- ♥ Reduce depression
- ♥ Increase range of motion
- ♥ Improve balance and coordination
- ♥ Enhance joint health
- ♥ Reduce muscle tension
- ♥ Improve confidence and self-esteem
- ♥ Promote sense of well-being
- ♥ Improve ability to handle stress
- ♥ Decrease tension
- ♥ Improve attitude toward work
- ♥ Improve overall quality of life

**Gaston County Family YMCA
Central Branch
615 West Franklin Blvd.
Gastonia, NC 28052**

The Genesis Program

"12 Weeks to a Better You"



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

The Genesis Program

" 12 Weeks to a Better You"

What is it? The Genesis program is a 12-week program designed specifically for individuals who are new or returning to exercise.

What is the purpose of the Genesis Program? To move individuals into the action stage of behavior change, while teaching the principles of exercise in a friendly environment. To encourage participants to establish a permanent commitment to healthy lifestyle choices through education and development of an exercise routine.

What are the benefits of the Genesis Program? The Genesis program offers an inviting atmosphere with one-on-one guidance provided by a team of certified instructors to help participants reach their goals. Upon completion of the program individuals will have knowledge about proper use of cardiovascular and strength training equipment, and maintaining and adjusting a workout regimen in order to grow physically, mentally and spiritually stronger. Additionally, "Genesis only" members will receive a discount on the joiner's fee when they join the YMCA.



We build strong kids, strong families, strong communities.

THE 12-WEEK PROGRAM OUTLINE:

- ♥ **Week one:** Initial appointment and assessment with a Genesis Instructor to discuss the program, individual goals and barriers. Begin cardiovascular exercise phase and flexibility exercises.
- ♥ **Week two:** Continue cardiovascular (treadmill) and flexibility exercises.
- ♥ **Week three:** Continue cardio (introduce bike and precor) and flexibility exercises.
- ♥ **Week four:** Appointment for strength training phase 1. Continue cardio and flexibility exercises.
- ♥ **Week five:** Continue cardio, flexibility and strength training.
- ♥ **Week six:** Continue cardio, flexibility and strength training.
- ♥ **Week seven:** Appointment for strength training phase 2. Continue cardio and flexibility exercises.
- ♥ **Weeks eight through eleven:** Continue cardio, flexibility and strength training.
- ♥ **Week twelve:** Final appointment, graduate and begin transition.

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Financial Information: The Genesis program is free to Gaston County Family YMCA members. Non-members may participate at a cost of \$120.00 for the twelve-week session or \$40.00 a month. If full payment of membership fees will present a financial hardship, partial scholarships may be available. Applications for assistance are available at the front desk.

Glucose and cholesterol screenings are available the 3rd Monday of every month. If interested, please sign-up for an appointment in the Genesis room. Screenings cost \$15.00

For more information please visit the Genesis program upstairs and speak with a Genesis Instructor or contact us at (704) 865 - 8551.

Genesis Hours

Monday – Friday	8:00A – 1:00 P 5:00P – 8:00P
Saturday	8:00A – 12:00P
Sunday	Closed