

COMMUNITY HEALTH

January 2015

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE ALL FOR MEMBERSHIP

SO THE Y CAN PROVIDE HEALTH, FITNESS AND FUN TO THE ISLAND'S POPULATION

Make an investment in your health & wellness...

MAKE 2015 THE YEAR YOU STAY COMMITTED TO YOUR RESOLUTIONS...

Setting goals is a great way to get started on the track to a healthier and happier life! But, life changing transformations don't happen over night - they are made with day by day rededication, hour by hour recommitment and a positive and encouraging mindset. Want to loose 15 lbs.? It doesn't and shouldn't happen overnight! With progressive increases to your activity levels, and step by step substitutions in dietary choices, you can, and will achieve your goals!

Here are a few pointers to get you on the path to your healthiest year yet:

- Set goals you truly desire to achieve
- Create an action plan to hold yourself accountable
- Plan for success: prepare healthy homemade meals, pack your gym outfit and pre-workout energy bar!
- Don't beat yourself up-everyone has their off days and guilting yourself wont make you feel any better, but that's no excuse to give up entirely-get back on track!

Healthy lifestyle changes can take months or years to completely formulate, but with small and steady steps you will eventually reach your goal.

GET STARTED WITH OUR 5TH ANNUAL RESOLUTION RELAY...

Jumpstart your health and fitness New Years' Resolutions! Back by popular demand, is the 5th Annual Resolution Relay; a free four week accountability and motivation program for members to help keep you on track to reach your resolution goals. Lose weight, earn points, win prizes and meet your fitness goals. Not competitive? Sign up for the free workouts and motivational tips to keep you on track. Also available (at a nominal fee) is our Resolution Body Melt program - customized group training workouts with Coach Asil Cash that combine interval exercises, circuit stations and sports drills for a total body workout.

MAKE THE Y YOUR REASON TO COMMIT TO STAYING FIT...

The reasons to become and remain a member of the Y are plentiful and together will help to support you in your healthy lifestyle pursuits whether you're an elderly couple, a single parent or a family of six.



Here are our top 15 reasons to be a member of the Y:

- More than 70 group exercise classes (and we add new ones all the time!)
- 25 yard, 6 lane competitive lap pool
- Recreational pool and waterslide
- Complimentary fitness orientation
- Child Watch drop in babysitting service included in membership
- State of the art Matrix and Cybex cardio and weight machines
- Free weights and cable weights
- Discounts on Y programs and services
- Priority registration for programs
- Health insurance rebate up to \$150 (check with your carrier for eligibility)
- Bring a friend for their first time and it's free
- An optional 3-month hold for annual members
- FREE access to other YMCAs in New England (some restrictions apply)
- Outdoor basketball court and playground
- Y Café convenient for smoothies and healthy snacks after working out



IF YOU'RE SHY ABOUT WORKING OUT ALONE...

...bring a friend or loved one! Each year we give thanks to our dedicated members by gifting them a week long free entry pass for a friend - keep an eye on your mail this holiday season for this special offer! In addition to this free one week pass you can choose to share your resolution by purchasing a membership or a Y Gift Card for a loved one. Y Gift Cards can be used towards membership, programs (like Resolution Body Melt, or Personal Group Training), or even a snack in the Y Café!



AFFORDABLE MEMBERSHIP FOR ALL...

...what will this cost me? For an individual membership - less than \$2.00 per day. An avocado or small fair trade coffee costs more than that - and membership at the Y lasts much longer. A two-adult family membership can cost less than \$1.00 per member per day! Can you even buy anything on the Island for a buck? Our membership value far exceeds the cost of annual fees, however for some of our neighbors the costs are still too high to be able to afford. That is why we offer Y For All Financial Assistance for membership and programs for all qualifying applicants.

To learn more about becoming a member visit us online: www.ymcamv.org/membership or call 508-696-7171 x0

GET A JUMP START ON YOUR RESOLUTIONS

Looking for some support to help you reach your wellness goals this New Years? Join our 5th annual Resolution Relay, where you can get motivated to keep yourself accountable to your New Years Resolutions and fitness goals! earn points for personal workouts, private training sessions and group exercise classes during the ENTIRE month of January! Prizes will be awarded to members with the most points earned in a variety of categories!

This is a FREE program for all members. Registration Begins December 29th.

Earn 5 bonus points if you sign up by 1/5!

COMMIT TO STAY FIT!

JOIN OUR 5TH ANNUAL RESOLUTION RELAY
Free for all members!



UPCOMING ACTIVITIES

Winter Program Dates: Jan 5-Feb 21, 2014

MONTH LONG EVENTS:

5th Annual Resolution Relay,

Free month-long member accountability and motivation program, Begins December 29th Register TODAY!

Resolution Body Melt, Begins Jan. 5th, M,W, F 7am and 11:30am, 1 wk sessions, fees vary

- | | |
|-------|---|
| 1/1: | Winter Program Registration Closes |
| 1/2: | Lifeguard Certification Course Pre-test, 6pm, \$250, Financial Aid avail. |
| 1/5: | Resolution Relay Kickoff |
| 1/9: | Middle School Dance, 7-10pm |
| 1/10: | All 6th, 7th & 8th Graders, \$5 |
| 1/10: | Crafternoons w/Childwatch, 2-5pm |
| 1/10: | Ages 3+, fees vary, Register Today! |
| 1/10: | Elder Tech Fair, 11am-1pm, Free tech help for 55+, Register Today! |
| 1/10: | WIMP Teen Improv Show, 8pm |
| 1/11: | Island Gaming @Alex's Place, 18+, 1-5pm, Sponsored by Project Next |
| 1/16: | Community Open Stage, 8pm |
| 1/17: | All Ages Welcome, Alex's Place, \$5 |
| 1/17: | MVRHS Swim Meet Vs. Nantucket pool closure 12-2:30pm |
| 1/17: | CPR, AED, First Aid Course 9am- 2pm, \$110, Register Today! |
| 1/17: | Game Night @ Alex's Place, 7pm Free for all teens! |
| 1/19: | Full Day After School Program 8:30am-5:30pm, Register Today! |
| 1/23: | Alex's Systers, Free special event for all teen girls, Register Today! |
| 1/24: | Improv Student Show, 7pm @ Alex's Place, tickets at door |
| 1/25: | MVRHS Swim Meet Vs Pope John Paul, pool closure 2:30-5pm |
| 1/26: | MVRHS Swim Meet Vs Coyle Cassidy pool closure 2:30-5pm |
| 1/30: | New Generation Concert, 8pm @ Alex's Place, \$5 Admission |
| 1/31: | Fall Prevention & Balance Workshop, Free for Members, \$15, 12-2pm |

WHAT DO WE DO AT THE Y?

PROVIDE A HEALTHY AND FUN ATMOSPHERE FOR MORE THAN 4,000 MEMBERS.



YMCA OF MARTHA'S VINEYARD
SWARTZ FAMILY FACILITY
Home of Alex's Place

111R Edgartown Vineyard Haven Road, Vineyard Haven, MA 02568
P 508.696.7171 F 508.696.6806 www.ymcamv.org

This edition of Community Health recognizes our partner in creating a stronger community.



THE BOATHOUSE
Edgartown