

# FitSTART

## Program Overview

FitSTART is a complimentary 6-week program for Family Y members that will help get you on the RIGHT wellness track the RIGHT way. Over the 6 weeks, a Wellness Coach will lead you through a progressive program centered on cardiovascular health, nutrition, strength training, and stress-management.

Each weekly meeting with your Wellness Coach will include follow-up from your progress in the past week, new exercise recommendations, and a set of challenges for the week to come.

## Program Details

<b>Ages:</b>	16 years or older
<b>Location:</b>	Wellness Center
<b>Time &amp; Date:</b>	By appointment
<b>Staff:</b>	Wellness Center Staff
<b>Fee:</b>	FREE to all Westport Weston Family YMCA members

## To Register

1. Visit the Wellness Center and speak to a Wellness Coach.
2. Call 203-226-8981 x103 to book an appointment with a Wellness Coach.

## Restrictions/Limitations

1. This program is available once per member.
2. This program is only available to members of the Westport Weston Family YMCA.
3. Please consult your physician before starting any new fitness program.

## Questions?

Please contact our Wellness Coaches for any questions regarding the FitSTART program. If you would like a more in-depth conversation about your personal wellness goals, please contact:

Shelly Goldman, Health & Wellness Director  
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