



## HOW TO GET STARTED

# SMART START

Establish your goals, make a plan and eliminate the trials and errors of random exercising with three free personalized 1-on-1 coaching sessions with your YMCA Wellness Coach!

### Consultation & Cardio

Appt. 1



Connect with your coach



Introduce Cardio



Develop a plan

### Weight Training

Appt. 2



Check in



Introduce weights



Develop a plan

### Core Strength & Stretching

Appt. 3



Check in



Introduce stretch & core



What's next?