

**GREENSBURG YMCA'S
GET MOVING INITIATIVE!**

**JUMP START YOUR
MOTIVATION**

WWW.GREENSBURGYMCA.ORG



MEET 2 TIMES A WEEK

MIX OF DIALOG, TRAINING, AND FUN ACTIVITIES TO FIND A BETTER YOU

Personal Training

Learn how to use equipment in the gyms as well as recreational and daily activities that can bring better cardio and strength practices into our everyday lives.

Wellness Coaching

Have a round table discussion on overcoming mental blocks and self motivational tools & discuss nutritional viewpoints.

Group Fun Activities

This day will be used for fun activities like group games and working out in a group setting together.

We know how hard it can be to develop new healthy habits. In fact, some studies show it can take over 200 days to develop a routine.

The YMCA is here to help you get started and maintain a healthy lifestyle with our 6 week Get Moving Initiative.



OBJECTIVES

01

MOTIVATE YOU TO STRIVE FOR
EXCELLENCE IN AND OUT OF THE GYM

02

OVERCOME MENTAL OBSTACLES BY GIVING AND SHARING SUPPORT
AND IDENTIFYING SHARED ADVERSITY

03

BRING YOU BEYOND YOUR CURRENT
CAPABILITIES TO REALIZE YOUR
POTENTIAL

04

INTRODUCE MOVEMENT INTO YOUR
LIFESTYLE IN FUN AND CREATIVE WAYS



OVERCOME MENTAL OBSTACLES BY GIVING AND PRACTICING NEW STRESS COPING SKILLS



- Wellness Journaling
- Meditation
- Breathwork
- Shared adversity (group activities)
- Practicing Mindfulness
- Practicing Gratitude
- Visualization Exercises



INTRODUCE MOVEMENT INTO YOUR LIFESTYLE IN FUN AND CREATIVE WAYS



- Walking in nature
- Walking with story telling
- Simple Yoga
- Bird Watching
- Bean Toss
- Nature Walk
- Tai Chi
- Happy Hinges
- Pickleball
- Group Workout

