



Free Program for Y Members

If you are a member new to exercise or have started and stopped various exercise routines or weight loss plans, this program is right for you.

Get the support you need to meet your health goals!

The Healthy Living Program is free to all Fond du Lac Family YMCA members.



Contact

Jake Berger,
Healthy Living Program Coordinator

✉ jacob.berger@fdlymca.org

☎ 920.921.3330 ext. 336



FOND DU LAC FAMILY YMCA

90 W. Second Street Fond du Lac, WI 54935
920.921.3330

fdlymca.org

HEALTHY LIVING PROGRAM

FOND DU LAC FAMILY YMCA

Our members often wonder...

The Y's Healthy Living Program is committed to helping you implement healthy lifestyle management in a safe, engaging environment.

...where do I get started?



How do I begin?

Make your first appointment now by stopping by the Y's Welcome Center desk or by calling 920.921.3330.

The Y's Healthy Living Program is an 8-week exercise based program. Participants will be assigned a personal wellness coach who provides one-on-one coaching for exercise instruction, motivation and accountability.

“Thanks to the Healthy Living Program I have found a health journey that works for me. I am gaining self confidence and learning that I DO have the willpower necessary to succeed!”
-Monica M.

Program Offerings

- 1:1 coaching and accountability
- Cardio and resistance training
- An exercise plan tailored to your goals
- Nutrition information
- Stress management tactics

