

# HELPING YOU GET RESULTS YOU WANT

## Right Start

### EMPLOYEE FITNESS CENTER

Exercise programs can be intimidating.

Whether you feel like a fitness failure or a fearful first-timer, relax; we'll be with you every step of the way.

We'll ensure you get off on the right track with the right program based on your specific goals.

Let us show you how to ensure success.

#### »» WHAT IS RIGHT START?

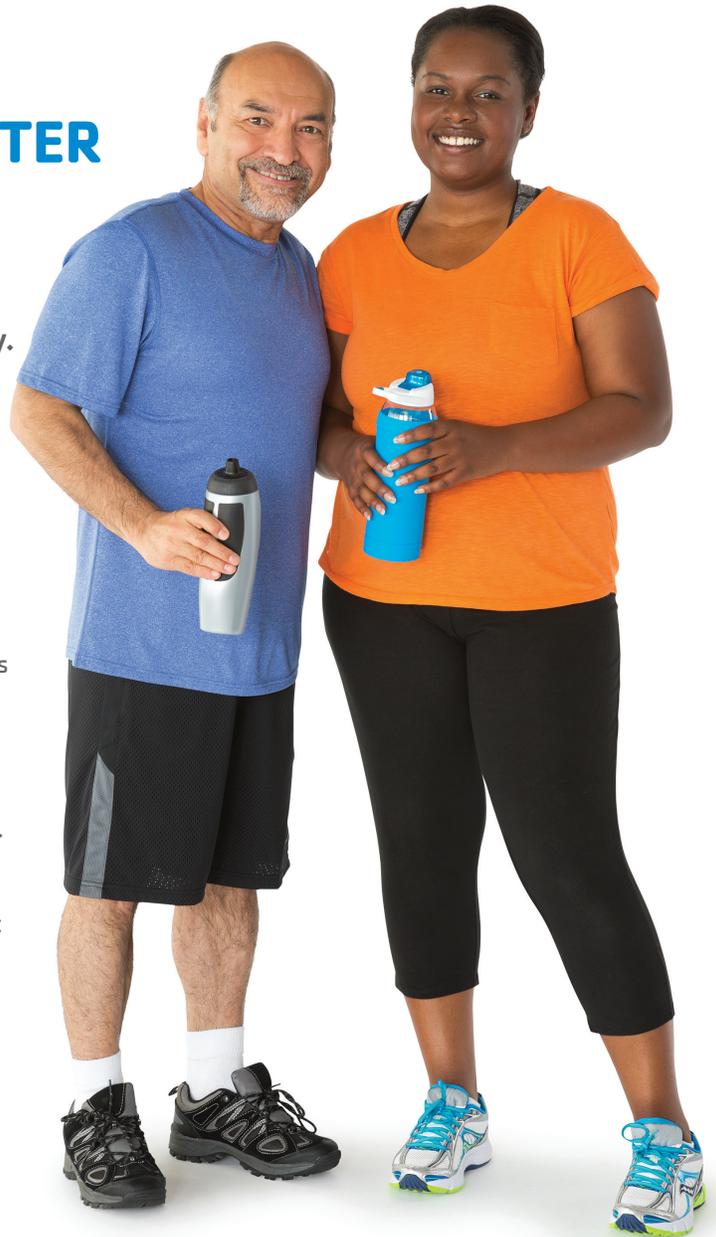
Right Start is a program that provides you with an easy-to follow plan and cutting-edge fitness tools. You will not be alone in this process. Our highly-trained staff will help you set attainable goals and will provide ongoing support necessary for your success.

#### »» WHY DO I NEED THIS PROGRAM?

The odds are stacked against you if you try to go it alone. Studies show 85% of people who try an exercise program will fail. That's where we come in. We know what works from our years of wellness training experience. We give you the basics to help you hit the ground running with absolute confidence, and without feeling overwhelmed.

#### »» HOW DO I GET STARTED?

In four short meetings over the next 30 days, we can take you from an exercise skeptic to a highly-confident individual who is excited about working out. In less than two hours of your time, you will gain the tools and resources that will help you succeed.



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THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR  
DEPARTMENT OF  
HUMAN RESOURCES

healthy **COLUMBUS**  
CITY EMPLOYEE WELLNESS PROGRAM

# GET OFF ON THE RIGHT START

## A Free Program for ALL City Employees at the Employee Fitness Center

- ✓ Eliminate the trials and errors of random exercising by formulating a plan of action with your coach to ensure not only that you succeed, but also have a lot of fun in the process.
- ✓ Learn key exercises that will make the greatest impact based on the goals you have established with your coach.
- ✓ Meet like-minded people who are passionate about helping you get the most out of your membership and who will help you connect with other members.
- ✓ Get invaluable answers to common questions about health and wellness, and learn what really works versus what is myth or hype.

By investing just a few hours of your time over the next 30 days, you will finally learn what really works in terms of exercise, weight loss and having more energy and vitality — not to mention just becoming healthier.

This program, valued at \$160, is FREE to all Employee Fitness Center members.

## LET'S GET STARTED

Right Start includes 4 appointments.



### 1 EXPLORE

To help you achieve your wellness goals and get the most out of your Y investment, it's important for us to spend some time getting to know you.

#### Session goals:

- Get to know your dedicated wellness coach who is here to serve you!
- Understand your goals and expectations so together we can develop an action plan to ensure your success.
- Teach you some basic tips so you can hit the ground running.
- Start exercising and have fun!

### 2 PLAN

You've begun exercising and you're starting to get comfortable. After spending some time on your own, it's natural to have some questions.

#### Session goals:

- Review your progress toward your fitness goals.
- Answer any questions you may have about exercises, equipment or our facilities.
- Learn some innovative fitness tips to help you progress even faster.

### 3 ACT

You've gained important knowledge and begun to implement a solid wellness strategy. This critical meeting will help you recognize and overcome the most common obstacles to healthy living.

#### Session goals:

- Understand why 85% of people who begin a new exercise program fail and how to avoid those same pitfalls.
- Explore your focus.
- Define and commit to goals.

### 4 SUSTAIN

You've made progress, now it's all about sustaining your improved, more healthy lifestyle. This meeting is about maintaining your new habits and keeping up with success over time.

#### Session goals:

- Establish longer-term goals to achieve in the next 3-6 months.
- Establish assessment and guideposts to measure progress.

## Schedule your first appointment today!

Employee Fitness Center: 102 N. Front St. Call 614- 645-3979 Email Pat: [plshick@columbus.gov](mailto:plshick@columbus.gov)