



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LASTING LIFESTYLE CHANGES

Health Coach WALDO COUNTY YMCA

Perhaps you have decided to “get into shape”, maybe after trying many times before. You are motivated. But, do you have a plan? A health coach can help you in many ways!

- Set reasonable, realistic goals centered around all aspects of health and fitness.
- Nutritional guidance to adopt healthy lifestyle changes.
- Providing motivation while you make your journey to improved health.
- ACE certified Health Coach, Anne Rothrock, will work with you to help you get where you want to go.



Please schedule an appointment.
Call 338-4598 and ask to speak with our Fitness Department.
Annual Members \$50 / hour
3-Month & Non-Members \$70 / hour

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207.338.4598 • www.waldocountyyymca.org
A Charitable 501(c)(3) Organization.

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