



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR HEALTHY CONNECTION

Body Composition WALDO COUNTY YMCA



Let us help you understand why your clothes fit looser with only a small weight loss. Monitoring your measurements can have a positive impact on your health.

- Women wear shorts and a sports bra or T-shirt if you wish; men wear shorts and a tank shirt.
- A variety of body circumferences will be taken using a tape measure.
- Skin-fold calipers will be used to estimate body fat percentage. DO NOT exercise in the hours prior to your appointment for most accurate results.
- Sessions are 15-20 minutes in length; efficient measurements can be quick and relatively non-intrusive.
- Consider scheduling additional appointments every three months to keep you on track with your fitness goals.
- By appointment only and administered by a certified personal trainer.

**By appointment. Please call 338-4598 & ask to speak
with our Fitness Department.**

**Annual Members \$10
3 Month & Non Members \$18**