



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.

Please call 338-4598 and ask to speak with our fitness department

Annual Members \$10

3-Month & Non-Members \$18

157 Lincolnville Avenue, Belfast, Maine 04915
207.338.4598 • www.waldocountyyymca.org
A Charitable 501(C)(3) Organization.

TAMERA BLADES
tblades@waldocountyyymca.org