



## Healthy Body & Healthy Mind Program

The mind and body are not separate. What affects one, affects the other. Relieving stress and tension through physical movement can have a positive impact on your mental well-being.

To support individuals who would benefit from exercise as a way to complement traditional talk therapy, the Lancaster Family YMCA has created the Healthy Body & Healthy Mind Program.

Through this program, participants have an opportunity to exercise for free at the Lancaster Family YMCA, with an option to join the Y at a discounted price once the program is complete.

## The YMCA Mission

Serving Lancaster County since 1854, the Y provides programs and services that enhance the spiritual, mental and physical well-being of our community.

### Our Locations

#### City Center Branch

265 Harrisburg Avenue  
Lancaster, PA 17603  
717-393-9622

#### Lampeter-Strasburg Branch

800 Village Road  
Lancaster, PA 17602  
717-464-4000

#### YMCA at New Holland

123 North Shirk Road  
New Holland, PA 17557  
717-354-4747

### Healthy Body & Healthy Mind Program Contact:

**Communityhealth@lancasterymca.org**  
**717-393-9622**

### YMCA Program Info:

**[www.lancasterymca.org](http://www.lancasterymca.org)**



# Healthy Body & Healthy Mind Program



**Lancaster Family YMCA**

## Program Phases

### Phase 1

At the beginning of the program, you will receive a free adult membership to the Lancaster Family YMCA for up to four weeks. A Y Wellness Coach will lead you through an orientation so you feel comfortable with the equipment and understand all the services and programs available to you. You will also have full use of all three Y facilities, including the pools, Wellness Centers, Child Watch services and group exercise and aquatics classes.

### Phase 2

If you decide membership is right for you within the first four weeks, you have an opportunity to join the Y without paying the initial investment fee. As a member, you will be eligible to participate in our SMART Start Program. In SMART Start, you will work with a Y Personal Trainer who will provide the individualized attention and motivation needed to get you started on your fitness goals and keep you on track.

*Youth ages 12 to 17 are eligible to participate in the Healthy Body & Healthy Mind program with written permission from a parent or guardian.*

### Financial Assistance

Through the Y's Financial Scholarship program, financial assistance is available to help offset the costs of Y membership and programs for those who qualify. Please visit our branch Welcome Desks for more information. *\*You must apply during the four week free membership phase.*



### What can I do at the Y?

At the Lancaster Family YMCA, we offer a variety of programs that promote a healthy lifestyle and allow you to connect mind and body as one.

Whether you enjoy the camaraderie of a group exercise class, the mindfulness of yoga, the peacefulness of swimming, or the rush associated with cardio training, our Wellness Coaches will help you find the right programs to meet your needs and goals.



### How do I register?

Your counselor will contact the YMCA Health and Wellness Director with your goals for participation in the program. A YMCA Health & Wellness team member will then contact you to schedule a time for your orientation and help you get started on your personalized health and wellness routine.

### What can I expect at my program orientation?

During your orientation you'll receive a tour of the facility, instruction on how to use the equipment and an overview of group exercise classes. If you would like to use the pool, your Wellness Coach will show you the aquatic facilities.

Please arrive fifteen minutes early for your appointment to complete paperwork. We suggest you wear sneakers and lightweight clothing which is comfortable for movement. Please bring a list of your wellness goals and a bottle of water to stay hydrated during your session.

If you are unable to make your scheduled appointment, we request 24-hour notice for cancellations.