



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Carolyn Gessner
Creative Marketing Associates, Inc.
carolyn@cmacreative.com
www.cmacreative.com
847 858-4203 (direct)

FOR IMMEDIATE RELEASE

New YMCA “Fall Into Fitness” Program Jumpstarts Healthy Habits

Northbrook, IL: September 2016 – Reaching and maintaining a healthy weight starts with realistic, achievable lifestyle changes. The North Suburban YMCA now offers a comprehensive approach to making better health choices, including exercise, nutrition, and other vital habits. The new *Fall Into Fitness* eight-week program covers all these areas to help participants make significant progress toward their fitness goals.

Fall Into Fitness connects participants to Y personal trainers and nutrition experts for personal counseling and guidance. The program also incorporates small group exercise with other participants for mutual support and motivation. Program features include:

- One nutrition and goal-setting class
- One hour per week of small group training
- Six hours of personal training over eight weeks
- Six 30-minute sessions of nutrition/diet analysis with Marlo Leaman, Nutrition & Dietetics Technician, Registered

The *Fall Into Fitness* package is offered at a special rate of \$399 for NSYMCA members. Non-members may register for \$579, which includes a three-month membership to the Y. Payment plans are available. The program runs from September 26 to December 22.

Fall Into Fitness is just one of the varied programs for fitness, healthy eating, and mind/body wellness at the Y, located at 2705 Techny Road in Northbrook. For complete details and online registration, visit nsymca.org.



Photo Caption: The YMCA's Fall Into Fitness program delivers the support of personal trainers and nutrition experts to help participants meet their goals. The program runs from September 26 to December 22, 2016.

About the [North Suburban YMCA](#)

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit nsymca.org.