

# ON THE WATERFRONT



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Embarcadero YMCA  
July 2016 Issue #161

MONDAY • JULY 4TH • WE WILL BE OPEN 8AM-2PM

## KEEP YOUR RUNNING SHOES ON!

### Member Spotlight: Kamran Shaikh



**Why/How I started working out:** I reached a point in my life where I couldn't recognize myself in the mirror anymore. I was 28 years old and 218 pounds. I was unable to run for more than six to seven minutes, and I would get exhausted easily. Things that were not supposed to happen to a 28-year-old started happening. Although I had been a member of the YMCA since 2014, I wasn't using it at all. I realized that merely having a gym membership wouldn't help. I had to make changes in my lifestyle, get back in shape — it was a "now or never" situation. And nobody ever said that it was going to be easy. It took time and patience to develop healthy habits and to see the results. Even before I could see the

results, though, I did start to feel better from the inside, and it was energizing. I became more disciplined with my eating and my approach to life.

**What I did:** In August of 2015, I was 218 lbs, 55 lbs over my ideal weight. I started with cardio. I was never much of a runner and always hated the thought of it. But then, by chance, I started running and I loved it. Due to my work schedule, I ran late at night and worked out at the Y in the afternoons. This helped improve my stamina. I also played field hockey, and my running helped me to improve my game. My flexibility and endurance also greatly improved. In terms of weight loss, it was important to set short-term goals: target to lose two to three pounds in 15 days and increase the number of miles I ran each time. I challenged myself to do more than I thought I could do. I checked my weight every other day. It kept me on target, and that way, by the end of the week, I wasn't surprised. It was important for me to take the BodyPump™, Core Conditioning, BodyCombat™, Kinesis™ and other classes offered at the Y. These classes helped me stay flexible and added variety into my routine, which is very important.

**My Diet:** I focused on eating five to six small meals a day. It is also important for me to cut back, but not to stop eating everything that I enjoyed. That method was not sustainable, and I would have given up! I took my time when I ate, chose white meat and vegetables, and drank lots of water. I also gave myself a "cheat day," where I ate whatever I wanted and satisfied my taste buds.

**End Result:** I think the people around me play an important role in order to help me achieve my goals. At the Y, the staff is great! They motivate you, they check on you, they notice and support your goals and successes. This experience changed me in amazing ways and I would feel so good from the inside out. In the end, I lost 55 lbs in five months, and I am trying to maintain my weight loss. Although it was difficult at first, the hard work paid off and I feel great.

**My Motto:** "Always Keep Your Running Shoes On."



## CALENDAR

- July 1 **Men's Health Group**, 3-5pm, Meets on the 3rd floor.
- July 4 **Independence Day, Open 8am-2pm.**
- July 6 **Orrick Carnival**, at Bessie Carmichael School, 3-5pm
- July 10 **Alcatraz Open Water Swim**, Aquatic Park, 8am.
- July 11-29 **Eat Well / Live Well Nutrition Sessions.** For more info, contact Susanna at [ssclub@ymcasf.org](mailto:ssclub@ymcasf.org).
- July 15 **Urban Zen - Restorative Yoga**, 6:15-7:45pm, with Emily, in the 4th floor Wellness Studio.
- July 18 **Prenatal/Postpartum Pilates Reformer**, 6:30-7:20pm, with Kelli, in the 3rd floor Reformer Studio. Advance registration required. For more info, contact Susanna at [ssclub@ymcasf.org](mailto:ssclub@ymcasf.org).
- July 19 **Member Appreciation Day.**
- July 20 **90-Minute Ride**, 5:30-7pm, with Jon, in the Cycle Studio.
- July 22 **Arm Balances and Inversions Yoga Workshop**, 5:30-6:45pm, with Richard, in the 4th floor Wellness Studio.
- July 29 **Breathing, Meditaion and Relaxing Workshop**, 5:30-7pm, with Ernie, in the 4th floor Wellness Studio.

## THANK YOU MORGAN LEWIS

On June 11, eleven enthusiastic volunteers from the San Francisco office of Morgan, Lewis and Bockius LLP came to our sister location at Treasure Island and helped us paint, clean and beautify our building. Thanks to their efforts, the Treasure Island Y now has a new vibrant look, and the members love it. Thank you, Morgan Lewis, for your time and effort, and for giving back to your community.



## GOOGLE GIVES BACK

Last month we welcomed over 30 volunteers from Google to Bessie Carmichael Elementary School in SOMA. They came to spend time with our summer campers, including lunch with the kids and spending the afternoon experimenting with STEM (Science Technology Engineering & Math) kits. The kids loved spending time with their new adult friends and didn't want them to leave at the end of the day!

Thank You to all the Googlers who came out to support our community programs!



## TOUR DE EMBARCADERO July Netpulse Challenge

**DATES:** 7/2-24  
**GOAL TARGET:** 21 Workouts in 23 Days  
**DAILY MAX CREDIT:** 2 Workouts

The Tour de France contains 21 stages (segments of the race) that vary in length and difficulty covering three countries and close to 2,087 miles over 23 days. Not a member of a competitive cycling team yourself but want to join the excitement? Get into gear and aim to complete 21 workouts in the next 23 days. Tracking is easy! Simply record your workouts using the Netpulse App. Need help with tracking or finding the right workout for you? Ask a Wellness Coaches on the 3rd floor.

One participant who has completed the challenge for will be chosen at random on June 30 to receive YMCA Swag. Challenge winner will be contacted via e-mail when and where to pick up your YMCA Swag and/or Gift Card.



## STAFF OF THE MONTH Emily Cyan Smith, Yoga Instructor

Emily's connection to YMCA began as a child in Massachusetts, going to her local Y to swim, play and watch her mom in aerobics classes. As early as age four, Emily remembers wanting to be an exercise instructor. In the past year Emily has brought such light and spirit to our YMCA community. She loves being part of the YMCA staff and interacting with our amazing members. She is inspired by all that the YMCA does to serve and support our vibrant community. She cherishes the opportunity to try all the many types of exercise and movement that are offered in our classes.

"I am in awe of constantly learning about the body," Emily says about teaching. "Yoga has been a vital and joyous support system for my body and mind throughout my life. I am honored to have the opportunity to share my love of the practice with others." For Emily, yoga class is one of her favorite places to be; dedicating an hour of attention to the body, breath, and asana is an amazing tool. When not at the Y, Emily practices therapeutic massage and holistic bodywork. She also works as a doula, assisting births and postpartum families. She enjoys all types of dance (especially ballet), travel, visiting with her family in the U.K. as well as supporting local artists, cooking projects, and going to see music events. We are grateful for all the light and spirit she brings to the Y, and are so excited to honor her as Staff of the Month. Thank you, Emily, we appreciate you very much and find your dedication to be truly inspirational.



## VOLUNTEER OF THE MONTH John Spensieri, Board of Managers

We are delighted to honor John Spensieri as July's Volunteer of the Month. John has been a Board Member with the Embarcadero YMCA since 2010 and also serves on our Youth Chance High School Advisory Counsel. Recently John spent a day with Youth Chance High School students helping them prepare to enter San Francisco's job market. John is a strong advocate for enabling youth to discover their talents and giving them the tools they need to be successful in life. John is so passionate about Youth Development that he also volunteers for the Vietnamese Youth Development Center and the KIPP Foundation.

John hails from Nebraska, obtained his MBA from Loyola University in Chicago and has spent time in New York and San Francisco as a financial advisor to major companies including Wells Fargo and Morgan Stanley. John currently works as a consultant for Spensieri Art Collective. He and his wife, Jayne, live in San Francisco's Nob Hill Neighborhood and enjoy the eclectic offerings of the Bay Area. As a Board Member of the Embarcadero YMCA John is a strong advocate for our community programs and those that we serve. We are grateful for John's support and dedication to our cause. Thank you, John, for everything you do for the Y!



THE OFFICIAL NEWSLETTER OF THE EMBARCADERO YMCA COMMUNITY

The Embarcadero YMCA builds strong kids, strong families, and strong communities by enriching the lives of all people in spirit, mind, and body.