

CREATING AN ENVIRONMENT FOR SUCCESS

The YMCA can help you find a balanced solution that works for you. Healthy Lifestyles is a scientifically proven program that uses the power of groups, along with one-on-one-coaching to help you achieve your personal goals.

By integrating spirit, mind and body in a holistic approach to well-being, we celebrate and encourage the whole person and work toward a balanced, satisfying life, rather than trying to achieve an "ideal" physical goal.

Our trained facilitators will help you achieve your goals by guiding you through each step of a behavior change process.

This 10-month program includes:

- Month 1: Weekly meetings
- Months 2-10: Bi-monthly meetings
- Group social support
- Online SHALA behavioral assessment

STONESTOWN FAMILY YMCA

333 Eucalyptus Drive
San Francisco, CA 94132
415 242 7100
415 242 7150

www.ymcasf.org/stonestown



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IMPROVE YOUR HEALTH AND WELL-BEING

Healthy Lifestyles Program
STONESTOWN FAMILY YMCA



HEALTHY LIFESTYLES IS EFFECTIVE

The YMCA has developed Healthy Lifestyles in collaboration with Stanford Prevention Research Center. For more than thirty years, Stanford has been developing, testing and refining a Six-Step Method for Behavioral Change. It is a scientifically-tested method found to be effective in facilitating life-long behavioral change related to health, physical activity and nutrition.

GROUPS ARE POWERFUL

You are not in this alone. Healthy Lifestyles brings together groups of individuals to support and motivate one another to reach their health goals. You will be inspired to change your own behaviors as you work with those who have your common experiences, goals and struggles. Groups provide accountability and a powerful incentive to affect change. Throughout your journey, you will receive positive reinforcement, gain self-acceptance and increase your confidence.

ONGOING SUPPORT

The program begins with a health and lifestyle assessment. From there you will have one-on-one time with a coach and participate in weekly group sessions. Throughout this 10-month process you will:

- Set short and long-term goals
- Identify barriers
- Undertake a new health and well-being routine
- Track your progress

The group sessions will support you by providing new strategies for healthy living, with topics such as how to overcome barriers, keeping yourself motivated, building your support network, and much more!

PROGRAM GOALS

- Increase energy and become more active
- Reduce anxiety and stress
- Lose weight
- Change your eating habits
- Find more balance in your life

You can make it happen! Start your new healthy lifestyle today.

PROGRAM RATES

Facility Member:	\$99
Program Member:	\$129

CONTACT US

For more information, please contact:

Elizabeth Bachrad
Senior Director of Health & Wellness
415 242 7112
ebachrad@ymcasf.org

MAKE POSITIVE LASTING CHANGES WITH HEALTHY LIFESTYLES



“Healthy Lifestyles offers a very different and personal way to get started and stick with your goals. I had the opportunity to figure out what worked best for me.”

—Amy