



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY ON TRACK

FitQuest Powered by ActivTrax



**YMCA OF SOUTH
HAMPTON ROADS**

The FitQuest Program

At the Y, we take special pride in offering quality programs and services that encourage and support healthy lifestyles in the finest of facilities. Ensure that your health journey is successful by scheduling your complimentary FitQuest appointment as soon as you become a part of the Y.

FitQuest is a personalized fitness program designed to meet the specific health and well-being needs of older adults, families, teens or kids. We also have a comprehensive program designed for weight loss and post-rehabilitation. Our trained FitQuest Coaches will teach, guide, motivate and give you the personal attention you need to successfully reach your goals.

New for 2011, FitQuest programs, powered by ActivTrax, will provide you with the most up-to-date technology available.

ActivTrax

ActivTrax is a new tool which supports our FitQuest program, creating tailored exercise sessions based on your goals, strengths and abilities. Each time you visit a family center you'll receive a new, customized workout that provides you with a variety of exercises. From home, you can log in to the online weight management tool at www.ymcashr.org to help keep your nutritional plan on a healthy track.

In keeping with the Y's commitment to offer only the most up-to-date fitness technology, ActivTrax will provide you with the most comprehensive wellness program. Best of all, you won't be tied to just one location; you can exercise and have access to your plan at any YMCA of South Hampton Roads wellness center.

ActivTrax is a web-based tool which:

- creates tailored workouts based on your goals, strengths and abilities
- gives a new, customized workout that provides you with a variety of exercises during each visit
- serves as an online weight management tool to help keep your nutrition plan on a healthy track at www.ymcashr.org
- gives you access to your personalized plan at any YMCA of South Hampton Roads wellness center
- provides mobile access to your exercise and nutrition plans via smart phone through ActivTrax.com/m



Stop by the Member Services desk today to make an appointment to meet with a coach individually or as a family, and in less than an hour, you'll be given the tools you need to stay on track. FitQuest and Y-Change programs are included with membership.

Y-Change

If you're just getting started on your wellness journey or want even more guidance, you can also participate in Y-Change, where a motivated coach will lead you through a six-week journey toward a healthier lifestyle. Each week you'll meet with your coach in a small group for support and educational sessions, as well as meet to exercise as a group. Visit www.ymcashr.org for a list of Y-Change sessions and to register or stop by the Member Services desk. Teams are available for everyone, including kids, teens, older adults and families.

When you sign up for FitQuest, you can access your plan at any of these YMCA family centers:

CHESAPEAKE

Great Bridge/Hickory
Family YMCA
P 757 546 9622

Greenbrier Family YMCA
P 757 547 9622

Greenbrier North YMCA
Wellness
& Racquetball Center
P 757 366 9622

Taylor Bend Family YMCA
P 757 638 9622

PORTSMOUTH

Effingham Street Family YMCA
P 757 399 5511

NORFOLK

Blocker Norfolk Family YMCA
P 757 622 9622

Dominion Tower YMCA
P 757 627 4124

SUFFOLK

Suffolk Family YMCA
P 757 934 9622

FRANKLIN

James L. Camp, Jr. Family YMCA
P 757 562 3491

VIRGINIA BEACH

Hilltop Family YMCA
P 757 422 3805

Indian River Family YMCA
P 757 366 0488

Mt. Trashmore Family YMCA
P 757 456 9622

EASTERN SHORE

Eastern Shore Family YMCA
P 757 787 5601

Satellite Fitness Center
at Eastville
P 757 678 5151 x4066

NORTH CAROLINA

Albemarle Family YMCA
P 252 334 9622

Currituck Family YMCA Coming soon!
P 252 453 9632

Outer Banks Family YMCA
P 252 449 8897