



**YMCA of South Hampton Roads**

We build strong kids, strong families, strong communities.

September 2, 2008

For more information contact:  
Jenna Meyers, YMCA of South Hampton Roads  
757-275-9443  
jmeyers@ymcashr.org

## **Local Votes Help Shape the Face of Fitness in Hampton Roads**

**Chesapeake** - For the past several months, Presidential candidates have been focused on the “change” they envision. Whether you agree or disagree with those changes, it could take years before they happen. Luckily that is not the case here in Hampton Roads when it comes to the matter of healthy lifestyles and fitness options.

As part of the YMCA of South Hampton Roads’ dedication to providing the most innovative equipment, the cardio equipment in each fitness center is replaced and upgraded with new state-of-the-art technology based on a local vote, every three years.

Come meet the candidates and cast your vote at the YMCA Cardio Fitness Equipment Show held at the Chesapeake Conference Center (900 Greenbrier Circle) on Friday, September 12 from 4-8 pm and Saturday, September 13 from 9 am – 3 pm. Your vote will help decide which pieces of equipment will be installed in centers this December.

In addition to YMCA FitQuest Coaches, the equipment representatives from Star Trac, Cybex, Precor/Superior Fitness, Xergames and Expresso Fitness will be there to assist you as you test drive the latest technology and fitness options.

An Interactive Zone will be available for youth and teens to play, while adults have fun trying out the new Treadmills, CrossTrainers, Bikes and Climbers before voting. Healthy snacks and refreshments will also be available.

For more information about Health and Fitness at the YMCA visit [www.ymcashr.org](http://www.ymcashr.org) or call 757-962-5555 to find a YMCA location near you.

### **About the YMCA of South Hampton Roads**

*The YMCA of South Hampton Roads is a nonprofit, community-based health and human services organization that serves over 160,000 children and families each year. More than 14% of those families receive financial assistance through the Open Doors program, helping them achieve their full potential in spirit, mind and body. The YMCA’s doors are open to people of all ages, backgrounds, abilities and incomes.*

###