

# BE STRONG STAY HEALTHY



**Need to change your health stats?...The YMCA provides assistance and support for healthy living!**



## Meet Greg...

Greg is a busy, hard working, 40-year-old who wasn't feeling or living well. All the red flags were there. Greg was ignoring his declining health symptoms. At the Y he met Danny who helped him develop a life-long plan for regaining his health and living well. Greg put his priorities in order and is now taking steps to improve his health. Today, he is 40 lbs. lighter, sleeping well, eating a lower sodium diet and living life at a higher energy level!

## Meet Danny...

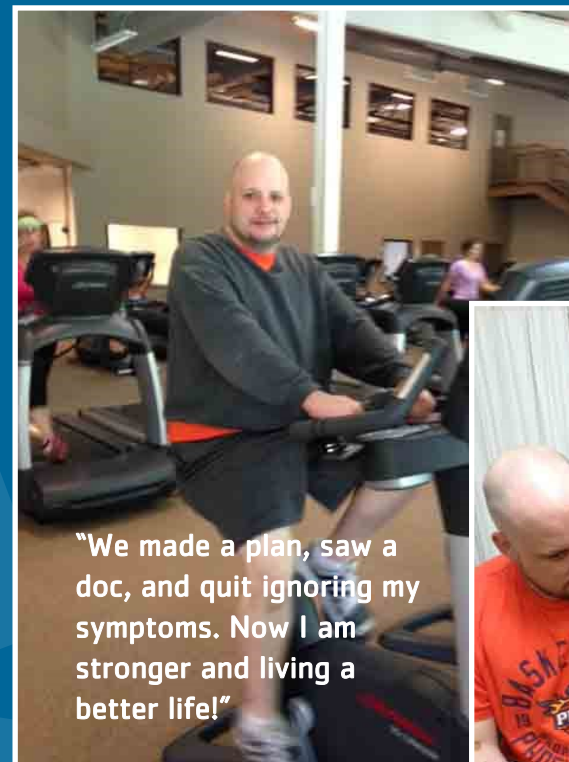
Danny Gonzalez R.N. from St. Mary Medical Center, is here at the Y and is available to offer encouragement, motivation, workout advice, diet suggestions, blood pressure checks, blood sugar checks and referrals to medical resources at St. Mary Medical Center.

## Let us help...

The Y is a well-equipped facility for workout gear and equipment but, more importantly, for improving **YOUR** health. Stop by the St. Mary Medical Center office at the Portage Y and find ways to improve your health and wellness! We're here to help!

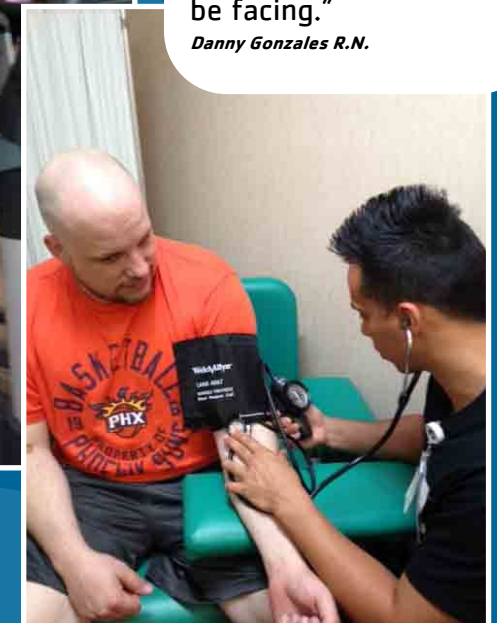


[www.ymcaofportage.org](http://www.ymcaofportage.org)



"We made a plan, saw a doc, and quit ignoring my symptoms. Now I am stronger and living a better life!"

*Cardio and weights workouts*



*Regular checks –know your stats*

## Proactive vs Reactive

"Here to help! See me for blood pressure checks, blood sugar checks and advice on health issues you may be facing."

*Danny Gonzalez R.N.*