



*What is
America on the Move
With the YMCA?...*



YMCA of Eastern Union County:
Elizabeth Branch
Five Points Branch
Rahway Branch

www.ymcaeuc.org

Why THE CLIMB?...

In our continual pursuit of
Health and Well Being,
We must remember:

“Life is a Journey, not a Destination.”

**Every Day,
Is
Another Opportunity,
Another Reach,
&
Another Step,
TO CLIMB
Your Way To The Top Of
Your Journey.**

The YMCA of Eastern Union County,
is your community partner,
as you move, grow, shine, and reach, towards...

THE CLIMB!

Through America on the Move with the YMCA, the YMCA of Eastern Union County, in partnership with the America On the Move Foundation, is inspiring individuals and families to adopt healthier lifestyles.

Beginning 9/20/09 through 9/27/09, The YMCA of Eastern Union County, is tracking the number of participants, and “steps,” achieved throughout the communities we serve.

Nationally, YMCAs have a goal of collectively reaching 10 billion steps! Join the YMCA of Eastern Union County, in our journey, our climb, to get Americans moving!

Making small changes, where you live, work, learn and play can lead to big success – better health, more energy and a longer life.



America on the Move Week
Free, One-Week Trial Membership
9/20/09 - 9/27/09

Celebration Kick-Off Event:

Saturday, 9/19/09
10am - 1pm
Bicentennial Park
Tucker Avenue, Union

Embrace THE CLIMB...



Let's Begin The Journey Together...

AMERICA ON THE MOVE WITH THE YMCA CELEBRATION KICK-OFF EVENT

SATURDAY, 9/19/09

10am-1pm

Bicentennial Park
Tucker Avenue, Union

FREE, FUN EVENTS & ACTIVITIES
FOR ALL!

Music, snacks, games, group exercise,
face painting, & more!

Website Support & Fun...



www.americaonthemove.org

Website Available, Starting 9/1/09

Record Your Steps...

- Beginning Sunday 9/20/09 through Sunday 9/27/09, each day, track your total daily steps, or achieved activity.



All Types of Activities Will Convert into Steps!

Walking, Running, Swimming, Biking,
Fitness Classes, Weight Training, Yoga, House
Cleaning, Dancing, Group Sports, etc!

- To assist in your daily recording of steps, a binder will be at the YMCA. The binder will contain a personalized page, just for you. Use your page, to record your daily steps and/or activity.
- Best of all: Record all seven days of activity, and your page will be entered into a raffle for a FREE, 4-week personal training package!**
- The easiest way to track steps is through the use of a pedometer.
No worries, we got you covered:

The first 75 participants, per Branch, to arrive to the Kick-Off Event, will receive a free pedometer, celebration bracelet, and step tracking tool!



Free Health Seminars...

Please choose a seminar, based on your personal schedule. You may participate at any Branch of your choosing.

To register, please call the Welcome Center of the hosting Branch!

Register by Friday, 9/11/09

Stress Management

With Vipin Garg, MD
Trinitas Hospital

Five Points: Monday, 9/21/09, 6:30pm
Elizabeth: Tuesday, 9/22/09, 7:00pm
Rahway: Friday, 9/25/09, 7:00pm

Beating the Obesity

Epidemic

With Karen Ensle
Rutgers Cooperative

Rahway: Wednesday 9/23/09, 7:30pm
Five Points: Thursday, 9/24/09, 6:30pm
Elizabeth: Friday, 9/25/09, 6:00pm

Register with the Welcome Center Today:

Elizabeth: 908-355-9622
Five Points: 908-688-9622
Rahway: 732-388-0057