



# Kosciusko Community YMCA

## Member Newsletter

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### Meet a Member



My name is Mike Oberg. I have lived in North Webster area for the past 25 years. I have a 7-year-old son named Braxton. I work as a Critical Care Paramedic for North

Webster EMS and MTEMS in Warsaw. I have worked in the EMS field for 16 years. I joined the Kosciusko County YMCA in the fall of 2004 because I realized that I was overweight and out of shape. It was difficult to play with my son and I would get short of breath easily. I started working out at the YMCA that fall. Within 6 months I lost 20 pounds. In the next 6 months I lost another 10 pounds. My waist size decreased from a size 35 to a size 32. I am very pleased with my results. I feel younger and healthier than I ever have. My diet plan consists of decreasing the amount of fat and calories from my diet. I exercise for one hour per day 6 days a week. I eat healthy and in decreased portions 6 days per week. The seventh day I do not exercise or eat healthy. Like any diet plan, it requires a lifestyle change and discipline. The advantage of having a membership to the YMCA is the variety. This is very helpful in keeping me interested in staying active and not getting bored.

“Mike’s new life style is truly a Y story of success and a testimonial of what hard work and determination can achieve. Mike is not only an asset to this community, but his new image is exemplary for all who serve in his profession”, Dave Hewitt, manager of North Webster YMCA.

### New in January 2007!



### New Equipment arriving soon!

During the month of December the YMCA will be upgrading the fitness centers at Smith Street and the Racquet Center. The remodeling of the Smith Street Fitness center will include cleaning, painting, rearranging the weight machines, and installing 32 new pieces of cardio equipment. The Racquet Center will receive 14 new cardio machines to compliment the current weight equipment. The new cardio equipment includes a variety of machines each with personal viewing screens. These screens will have the option of viewing not only your favorite TV shows but will also feature channels to enable parents to observe their children in babysitting and the youth center. Most of the work and installation will occur during the two weeks surrounding Christmas and should be complete by early January!

### New Weight Management Program!

This is a twelve-week program that provides participants with the tools to select healthy foods and incorporate exercise into their daily lives. The program will include a fitness assessment, an individually designed exercise plan, the use of all three branches, and much more! The 12 week program begins on January 16. The cost is \$125 for members and \$250 for non-members. Don't miss this opportunity!

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