



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

My Y Story by Idelisa Rosado

The YMCA has changed my life.

When I came to the YMCA two years ago I was sixty pounds heavier, had high blood pressure, high cholesterol and was taking diabetes medicine four times per day. I have lost the weight, my A1C test is normal and I no longer need medicine. My blood pressure and cholesterol are now healthy.

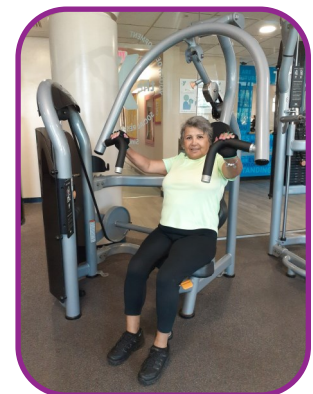
I had always been thin, but when I lost two very important family members within a few months of each other, I became depressed and turned to food. I developed several health issues as my weight kept increasing and I did not exercise. My doctor recommended I talk to someone about how I was feeling and encouraged me to go to the YMCA to exercise.

When I came to the New Britain YMCA, I met Mark Turek. (Mark is a fitness staff member and personal trainer.) I love Mark. He showed me exercises I could do and how to use all of the equipment.

I exercise at the New Britain YMCA five days per week and have changed my eating habits. I eat lots of vegetables and fruit now.

I recently went on vacation. My friends came to pick me up at the airport and passed by me three times because they did not recognize me!

I feel wonderful. I feel great! You have to do this for you, you have to take care of your health. If I can do it you can do it too. I would recommend the New Britain YMCA to everyone.



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