



MEMBER SPOTLIGHT

Boonslick Heartland YMCA

APRIL 2021

MEET JESSICA

HERE IS HER Y STORY:

I am a mom of two who put on quite a bit of weight. I was tired of hating myself so I joined the Y. I started out just walking on the treadmill, slowly building confidence and from there was running to weight lifting. It was hard and at times I wanted to give up but with the compliments and encouragement of staff and other members I kept going!

“ progress takes time ”

CHECK OUT THE REST OF HER INTERVIEW ON THE NEXT PAGE!

HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?

3.5 years!

WHAT'S YOUR FAVORITE THING ABOUT THE Y?

The community and new friendships! They have great activities for adult and kids, very family friendly!!

WHAT'S YOUR FAVORITE Y MEMORY?

My favorite memories are of people complimenting me on my weight loss and motivating me to continue my journey!

HOW HAS THE Y HELPED YOU REACH YOUR GOALS?

Constant support, motivation and encouragement, they have been like so kind!

DO YOU HAVE ANY ADVICE FOR ANYONE INTERESTED IN BECOMING INVOLVED AT THE Y?

My advice to Y members, especially those who have goals and get frustrated when they don't reach them as fast as they want, is that's its a marathon not a race! Progress take time and you will have bad days!

WOULD YOU LIKE TO SHARE YOUR Y STORY?

We'd love to hear it! Reach out to our Member Engagement Director, Tammy Huntsperger at tammyh@bhymca.org