



# MEMBER SPOTLIGHT

Boonslick Heartland YMCA

NOVEMBER 2021

## MEET TRISTY



The Y has a  
variety of  
opportunities!

### HERE IS HER Y STORY:

My Y journey started when the Boonslick YMCA first opened. I worked several different positions but mostly as a lifeguard and child watch worker. Then I stepped away to start my career and raise my family. Several years ago I rejoined the Y to primarily participate in a New Year, New You Challenge. At the time, I had no idea that challenge would realistically give me the opportunity of living a life as a "new me!"

Since that challenge I have ran 5ks, 10k, completed three half marathons, led others to do the same, became a cheerleader and friends/family to several other Y members. Lost weight and gained some back but over became a heathier me! I have overcome mental and physical obstacles that I never thought were possible. Today I work part time for the Glasgow YMCA as building supervisor and also for the BHYMCA as a swim instructor. One of my biggest passions is seeing all my students progress and grow! The water is really is one of my happy places. I am so thankful for the BHYMCA and how it has and continues to impact my overall wellness!

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

## **HOW LONG HAVE YOU BEEN PART OF THE Y FAMILY?**

20 years +

## **WHAT'S YOUR FAVORITE THING ABOUT THE Y?**

The support received from other members and the staff.

## **WHAT'S YOUR FAVORITE Y MEMORY?**

When I was thinking about doing my first half marathon. Vanessa pipes up and says "you can do it, it's like spending a day shopping at the mall." As I was on mile 10 out of the 13.1. I told myself I was never gonna go shopping with Vanessa!

## **HOW HAS THE Y HELPED YOU REACH YOUR GOALS?**

Through the support of great staff, participating in challenges, and by having fellow members cheer each other on!

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

Go for it! The Y has a variety of opportunities!

## **WOULD YOU LIKE TO SHARE YOUR Y STORY?**

We'd love to hear it! Reach out to our Marketing and Communications Coordinator,  
Taylor at [taylor@bhymca.org](mailto:taylor@bhymca.org)