



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET MINDFIT WITH NATALIE

STRONG MIND + STRONG BODY = MINDFIT

NOT A DIET - NOT A GIMMICK - NOT A QUICK FIX

"With Natalie as my trainer, I have regained confidence, acceptance and of course strength to be my best self. As a former athlete, I felt defeated when I let myself go in my 30s. I no longer put myself first once I had my two kids. I'm now coming out of the fog realizing how important it is to take care of me first. Natalie has helped me on this journey. She has taught me that my mind is the most important - I must love myself and give myself grace. She's also taught me that strength is physical, but also mental. I'm stronger than ever in body and mind. And she has also given me the knowledge to tackle nutrition in a healthy, but not drastic, way. The little changes I've made in my lifestyle will be with me forever. I'm stronger than ever before. My journey isn't over, but I'm so thankful for Natalie's time, energy, patience and support." Caitlin H.

Program includes:

- 4 Group Training sessions
- Accountability Coaching
- Nutrition Coaching
- MindFit Gift with tools to reach your goals.

Session Dates: October 7 - October 28

Day: Friday's

Time: 5:00pm - 6:00pm

Member Fee: \$250

Non-Member Fee: \$280

For more information: Brandon.Fuhr-Storms@LakotaYMCA.com or 513-779-3917

LAKOTA FAMILY YMCA 6703 YANKEE ROAD, LIBERTY TOWNSHIP, OH 45044
WWW.LAKOTAYMCA.COM