



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GIVE, GROW, INSPIRE

## Collin's Story

Collin is an active 14 years old, enjoying wrestling, football and fun with his family. Collin's family have been Y members for 6 years and have seen a remarkable change in their son.

Collin's parents tell us, "Since he was 2 years old he's had a severe weight problem. After several early trips to the doctor, we were told he was just genetically different and that they would monitor his weight and health. At age 7, he finally seemed to be feeling the affects of his size. He couldn't keep up with the constant activities of his classmates and teammates and would have to sit down and catch his breath. He wanted to play football with his friends but since youth football was based on age and weight he was too big for his age to play on the team. He came to us one day and asked us if he could go on a diet. We took him in for a full physical and blood work to make sure he was healthy enough and old enough to handle a diet. Collin's physical results, although healthy, came back at staggering numbers. Our 8 year old son weighed 152 pounds and had the blood pressure of a 30 year old man, 125/90.

We knew we needed to do something to help Collin, and took him to the Auburn YMCA. We saw the membership director and showed her the doctor's note and stated our concern for Collin and that we were afraid that we had nowhere to go. Without any hesitation she said that we were in the right place. She immediately gave us a tour and explained that after Collin had Youth Fitness Training (at no extra cost) he would be signed off and ready to go.

Six months later we took Collin to the doctor for his football physical. He weighed 122 pounds and dropped his blood pressure to 96/70. The doctor was amazed. It made us cry to hear her explain to Collin that he had added on 20 years to his life. Needless to say Collin made weight for football and experienced something that will change his life forever. He is more assertive, more confident, more active and happier than we have seen him in years. My wife and I want to thank the Auburn Valley YMCA staff for their help and support for our son and our community.

We will be forever thankful.

Please consider a donation to the Partners With Youth Campaign.  
Your investment changes lives.



#### AUBURN VALLEY YMCA

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