



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

# GRETCHEN'S STORY

## Downtown Seattle YMCA Partners With Youth Impact

### Toward a Brighter Future

My personal goal a year and a half ago was to be pain free with energy and stamina. I started toward that goal by exercising at the Y, and followed up with a weight-loss program. I reached the pain-free goal and went on to lose 80+ pounds, reaching the weight-loss goal last September. Being a breast cancer survivor (and encouraged by the Y staff!), I signed up for the Exercise and Thrive class. It was enormously helpful, giving me a tailored strength training program. Staff were right there to help me learn how to get the most out of the exercises—they taught me about breathing, pacing and hydration, among a bunch of other things.

I needed (not just wanted) to do something to improve my health, as I had severe lower back/hip pain. I started with exercise and it took a gym environment to make that work—I needed the energy around me. I decided on the Y largely because it is so much more than just a gym and I wanted my membership dues to support an organization worthwhile in the community.

What I really, really value about the Y is that when you come here, you meet people of all ages, sizes, cultures, languages and physical conditions. You see kids being mentored and encouraged. When you come here, you're welcome—we are all working on being healthier and it's nice to have company on the way.

**“THE Y IS SO MUCH MORE THAN A GYM.”**

**-GRETCHEN**

### PARTNERS WITH YOUTH

The YMCA Partners With Youth Campaign provides funding to ensure everyone in our community can dream of a brighter future. The Y's services for people living with chronic disease are part of an array of life-changing programs supported by Partners With Youth funds. 97 cents of every dollar goes directly to programming, so your gift stretches further to help people like Gretchen develop to their fullest potential. Join us today!



### DOWNTOWN SEATTLE YMCA

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P 206 382 5010 F 206 382 7283 [seattleyymca.org/donate](http://seattleyymca.org/donate)

**Everyone is welcome. Financial assistance is available.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.