



Partners With Youth A YMCA Story



“Without any hesitation she said that we were in the right place.”

WHO I AM

My name is Collin and I'm 8 years old. I've been a member of the Auburn Valley YMCA since 2005.

MY SITUATION

Since Collin was 2 he's had a severe weight problem. He has always been active and, hard to believe, did not eat constantly. After several early trips to the doctor, we were told he was just genetically different and that they would monitor his weight and health. In 2004, 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 in November of 2005 and asked us if he could go on a diet. We explained to Collin that we would wait until the holidays were over, and after a physical, we would help him diet. On January 17, 2006, 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.

ADD THE YMCA

In January of 2006 we came to the Auburn Valley YMCA. We saw the branch manager and explained the situation. We 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 an initial session with a trainer (at no extra cost) he would be signed off and ready to go.

THE RESULT

In July of 2006 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 and thrilled. It made us cry to hear her explain to Collin that he had added on 20 years to his life. By the end of November, Collin had trimmed down to 115 pounds and is still losing weight. His new goal is to weigh 99 pounds by August 2006.

Needless to say Collin made weight for football and experienced something that will change his life forever. He is more aggressive, 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 SUPPORT PARTNERS WITH YOUTH