



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEIGH TO CHANGE

## Fall 2016 Coach

### MEET DARREN SAWDY

- **NASM Certified Personal Trainer**
- **NASM certified weight loss specialist**
- **AFFA certified group exercise instructor**
- **Healthy Lifestyle Change Coach**

#### Other Areas of Expertise

- **Martial Arts background**
- **Sports Conditioning**
- **Circuit Training**
- **Weight Training**



"In 2010 I was laid off from my construction job. I was 240 pounds and had lived an unhealthy lifestyle for years. In January of 2011 I was sick and tired of being sick and tired. I decided to make a change. I was involved with sports and martial arts when I was younger but hadn't done anything in years. From January 2011 through June of 2012 I trained myself and lost over 70 pounds. It was at that moment I realized I wanted to help other people. I went online and signed up to be a NASM personal Trainer and in August of 2012 I was hired by the Hockomock Area YMCA. My certification was completed that October. From that moment on, I never looked back. I was able to take my own life experiences and training and combine them into my own system to help people lose weight. I love to motivate, inspire, and push people to limits they never thought they could reach. I know how hard it was for me and so I relate to those starting on their own journey. My passion for fitness has grown to levels I never thought possible and is why I do what I do. I am ready to help you. No excuses just results."

- Darren Sawdy

**"NO EXCUSES JUST RESULTS"**

HOCKOMOCK AREA YMCA  
North Attleboro Branch  
300 Elmwood St., North Attleboro, MA 02760

[hockymca.org](http://hockymca.org)