



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEIGH TO CHANGE

Fall 2016 Coach

MEET MICHELLE FAHY

- **AFFA Certified Personal Trainer**
- **Certified Group Exercise Instructor**

Specializing in:

- **TRX**
- **Kickboxing**
- **Circuit Training**
- **Fighting Obesity**



"As a newly stay at home mom, I joined the Y and started taking group exercise classes. Like most people new to group exercise, I tried a bunch of classes—always at the back of the room hiding, just trying to lose the "baby weight" and get fit. I fell *in love* with exercise almost immediately! I got stronger, quicker, more flexible, and just all around more confident.

I wanted to help other people as the Y had helped me. I earned my Personal Training Certification and never looked back. I have been a personal trainer and group exercise instructor at the Hockomock Area YMCA for 5 years working with kids, teens, adults, seniors, and athletes.

I enjoy pushing people to their limits and helping them achieve what he or she thought they could never do! I want each person to achieve their goals whether it be to lose weight, get toned, build endurance, or to just feel better about themselves. I look forward to helping you."

- Michelle Fahy

"DON'T SAY YOU CAN'T BECAUSE YOU CAN!"

HOCKOMOCK AREA YMCA
Invensys Foxboro Branch
67 Mechanic St., Foxboro, MA 02035

hockymca.org



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MEET JOE SULLIVAN

- **AFFA Certified Personal Trainer**
- **TRX Suspension Trainer Certified**
- **P90X Certified**



"In December 2008, I suffered a knee injury which led to 5 surgeries over a period of 3 years. End result was retirement and looking forward to a knee replacement when I turn 50. I was 40 years old, unhealthy, overweight, & unhappy. I remember asking myself how I got to this point. I couldn't walk without pain and I had gained 30+ lbs. I felt like a failure to myself. I didn't know what to do but I knew I had to start somewhere.

I had tried all the diets and celebrity quick-fixes. I took advice from everyone around me but never made any progress. Enough was enough. I decided to start at the basics: eat better with smaller portions, start exercising again, & believe in myself. The hardest part was coming into the Y to workout, not the workout itself, that was easy, but the excuses I made why NOT to go. Slowly I blocked out the excuses and going to the Y got easier.

I felt better physically & mentally. I pushed myself and became healthy, happy, & wanting more. I earned my personal training certification learning more than I could ever imagine, not only about exercise but about myself. I understand the ups & downs & the failures, and now I am fortunate to understand success. And my success is constantly evolving. I have the privilege to help others better themselves & regain confidence in their abilities. There are many obstacles in life blocking us from achieving our goals. Together we can find a way around them, over them, & even under them. Anything and everything is possible."

- Joe Sullivan

"ANYTHING AND EVERYTHING IS POSSIBLE"



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MEET MEREDITH WALSH

- **AFFA Certified Personal Trainer**
- **Certified Group Exercise Instructor**
- **Certified Pilates Instructor**
- **Cycling Instructor**
- **Yoga Instructor**



"I have worked at the Hockomock Area YMCA for 10 years. I started at the Y as a member with my children in Child Watch. I was approached by one of the instructors and they explained that they were hosting YMCA group exercise & Pilates certifications. I signed up for both because I had fallen in love with fitness and wanted to lead others. I became certified & started teaching classes and I loved every minute of it. Since then I have become a certified personal trainer so I could focus on the one on one aspect of training. My passion is fitness and helping people achieve their personal goals, whether it be losing weight, getting stronger, becoming more flexible, or simply feeling better about themselves. I invest in my clients & members by building a strong bond with them so they will succeed. I have worked with athletes, individuals living with special needs, and with children of varying ages and have seen them enjoy their successes. I look forward to working with you and helping you achieve your personal goals as well."

- Meredith Walsh

"GET THROUGH IT! YOU'LL BE SO PROUD OF YOURSELF!"



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MEET JACKIE ROBISON

- **AFFA Certified Personal Trainer**
- **AFFA Certified Kickboxing Group Exercise Instructor**
- **Certified Golden Hearts**
- **Certified LIVESTRONG Coach/Trainer**

Other Areas of Expertise

- **AOA (Active Older Adults) Strength Training**
- **HIIT**
- **Boot Camp**
- **TRX**



"I have always loved being active and participating in a gym. When my children were born, I gave up work to be a stay-at-home mom. I wanted to do something I enjoyed with flexible hours. When I joined the Hockomock Area YMCA I knew I wanted to do more than just participate in classes. I wanted to help people, to change lives. I decided to become a personal trainer and began working with the LIVESTRONG program. The results I witnessed working with these courageous individuals battling cancer were incredible. Exercise had made them not only stronger physically, but emotionally as well. I was ecstatic to be part of their success. I wanted to continue to help others and was thrilled for the opportunity to support people through the Weigh to Change Program. I want to help participants become more fit, stronger, and most importantly, confident. Helping others better their lives positively impacts my life as well. I look forward to this new adventure!"

- Jackie Robinson

**"EVEN IF YOU'RE ON THE RIGHT TRACK,
YOU'LL GET RUN OVER IF YOU JUST SIT THERE."**