



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEIGH TO CHANGE

Nutrition Coach

MEET LAUREN HYNES

- **Bachelor of Science in Food & Nutrition**
Specializing in:
 - **Nutrition Counseling for 1-on1, family, & groups**
 - **Grocery Store Tours**
 - **Healthy Eating Classes**



“During my junior year of high school, I took a cooking class that exposed to me the world of cooking and it made me realize how fun it can be to turn an unhealthy recipe into a healthy recipe. I started to experiment in the kitchen and found a passion for cooking with real, unprocessed wholesome food. I decided to pursue this passion and go to school for nutrition. I attended Framingham State University and earned a degree in Food and Nutrition as well as a minor in psychology. I came to realize that eating real, healthy food did a whole lot more for you then just keeping your waist slim. Eating healthy contributes to your overall well-being.

I continued my career here at the Hockomock Area YMCA and am thrilled to offer a wide range of nutrition counseling experiences ranging from 1-on-1, family, & groups. I also teach healthy eating classes and give grocery store tours, both of which are included in our Weigh to Change program—a great program for anyone who is looking for a healthy lifestyle change. I look forward to helping you turn your favorite unhealthy recipes into healthy ones and finding the joy in eating healthy.”

- Lauren Hynes

**“IT’S NOT A SHORT TERM DIET,
IT’S A LONG TERM LIFESTYLE CHANGE”**

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

hockymca.org



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Health & Wellness Coach & Trainer

MEET MEREDITH WALSH

- **AFFA Certified Personal Trainer**
- **Certified Group Exercise Instructor**
- **Certified Pilates Instructor**
- **Cycling Instructor**
- **Yoga Instructor**
- **Les Mills Body Pump & Body Attack**
- **MS & LIVESTRONG Certified**
- **Healthy Lifestyles**



"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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Health & Wellness Coach & Trainer

MEET MICHELLE FAHY

- **AFFA Certified Personal Trainer**
- **NASM Fighting Obesity**
- **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!"



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Health & Wellness Coach & Trainer

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 Robison

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



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Health & Wellness Coach & Trainer

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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Health & Wellness Coach & Trainer

MEET HELEN TAYLOR

- **AFFA Certified Personal Trainer**
- **AFFA Certified Group Exercise**
- **RRCA Running Coach**
- **MS Certified**
- **Boot Camp Instructor**
- **TRX Instructor**
- **Kickboxing Instructor**
- **Small Group Instructor**



"I have always had a passion for health and fitness. I have been a personal trainer for 10 years and a group fitness instructor for 20 years. I'm proficient in TRX® Suspension Training along with RIP. Being an avid runner and running coach, I participate in several 5k and 10k races including the Tufts 10k & Falmouth Road Races. I also compete in obstacle course races including the Warrior Dash, Spartan, & Rugged Maniac Race. I have a 1st Degree Black Belt in Tae Kwon Do and have taught kickboxing for over 23 years.

I focus on providing the highest quality individual & group training services. I design personalized workouts pertaining to each client's needs. I believe that proper form & technique is crucial in reaching personal goals. I aim to make each workout enjoyable. I feel great reward when I receive feedback from clients whether it's weight loss, feeling stronger, the ability to hold a plank longer, or getting a good report from their doctor.

When I was diagnosed with colon cancer in 2004, I continued to work out to keep my body & mind strong. I found strength & encouragement with the wonderful people I trained in my classes & individually. My oncologist feels that working out during treatment greatly helped my becoming a 3x colon cancer survivor!

I believe that we are all able to achieve the goals we have for ourselves. With consistency & perseverance, anything is possible!

- Helen Taylor

"THE BODY ACHIEVES WHAT THE MIND BELIEVES"