



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEIGH TO CHANGE

Health & Wellness Coach & Trainer

MEET BETH COELHO

- **AFFA Certified Personal Trainer**
- **BS Marketing, Plymouth University**
- **Certifications in Pilates, Yoga, MS, Active Older Adult, Cycling, Youth Strength Training, CPR, & First Aid.**
- **11 years of personal training experience**
- **19 years at the YMCA.**

Specialty: TRX & kettle bell training, clients living with MS & Cancer, triathletes, conditioning, & strength training with young adults & seniors.



"I combine behavioral and motivational strategies with exercise strategy for both healthy individuals and those with chronic disease to help them maintain a healthy lifestyle. I dedicate myself to each session, tailoring it to best meet the needs of each client, motivating them to step out of their comfort zone so they can achieve optimal results. My favorite pastime has always been physical activity. To this day I love to exercise whether its playing on a team sport such as softball, volleyball, or golf or spending time outdoors in the warmer weather swimming, biking, hiking, canoeing or kayaking. In the winter I enjoy boarding, downhill or cross country skiing. My main goal is to motivate my clients to live a happy, healthy lifestyle and stay connected and balanced in body, mind, and spirit."

- Beth Coelho

"HEALTH IS A STATE OF COMPLETE HARMONY OF BODY, MIND, & SPIRIT."
SSHHH, THIS IS THE SECRET OF SUCCESS!



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MEET ISABEL DEVINCENTIS

- **AFFA Certified Personal Trainer**
- **TRX Suspension Trainer Certified**
- **15 years of experience training clients of all abilities ranging from ages 10 through 88.**



“As a busy single mother, I was drawn to the Hockomock Area YMCA for its family-friendly environment and community feel. My career here started in the child watch program. During my time at the Y, I discovered a passion for helping others and for fitness! The Y gave me an avenue to explore this path. With the Y’s help, I earned my Y certification, which led to my national AFFA certification. For 15 years I have been training clients of all physical abilities ranging from age 10 through 88 years!

My passion lies in helping people discover the many benefits of strength training. I feel my numerous years in the fitness industry and devotion to people both mentally and physically sets me apart. My driving principle is that anyone can improve their fitness level no matter what their physical circumstances may be.

I believe that workouts that are functional and compliment your lifestyle will make your daily life more enjoyable and will improve your quality of life.”

- Isabel DeVincentis

**“FITNESS IS NOT ABOUT BEING BETTER THAN OTHERS,
IT’S ABOUT BEING BETTER THAN YOU USED TO BE”**

HOCKOMOCK AREA YMCA
Bernon Family Branch
45 Forge Hill Road, Franklin, MA 02038

hockymca.org



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Health & Wellness Nutritionist

MEET MEGAN MCCARTHY

- **Bachelor of Science in Food & Nutrition
At Georgia Southern University
Specializing in:**
 - **Counseling for weight loss**
 - **Certified Group Fitness Instructor**
 - **Post-baccalaureate graduate
certificate with Community
Nutrition concentration.**



“My name is Megan McCarthy and I am a registered dietitian. I attended college at Georgia Southern University and earned my Bachelor’s of Nutrition and Food Science in 2012. I then returned to Georgia Southern University in 2014 to complete my dietetic internship, with a community emphasis. I have a background in counseling for weight loss and I am also a certified group fitness instructor. In my free time I enjoy playing tennis, movies, and spending time with family and friends. I am very excited to be part of the YMCA community as a nutritionist and be able to share my love for food, exercise, and an overall healthy lifestyle!”

- Megan McCarthy

“TO NOURISH IS TO FLOURISH”