



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEIGH TO CHANGE

Health & Wellness Coach & Trainer

MEET DARREN SAWDY

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

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



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MEET DONNA HIGGINS

- AFAA Certified Personal Trainer
- AFAA Certified Group Exercise Instructor
- TRX Trainer
- Healthy Lifestyle Coach

Other Areas of Expertise

- Working w/individuals w/Chronic Disease
- Active Older Adults
- Strength & Circuit Training



“As a mother of two active children, I have always enjoyed the benefits of exercise and eating healthy. I have been a YMCA member for over 15 years. Prior to becoming an employee, I saw the enthusiasm of staff and trainers at the Y and I knew I wanted to be part of this. From that point forward, I focused not only on my own personal fitness goals and success in the field, but also on helping members who needed it. As a personal trainer, I am motivated to help individuals strive to be the best they can be and sometimes that’s easy and sometimes its not. I work with a variety of clients ranging from athletes, to active older adults, to individuals with Multiple Sclerosis. I have been able to help members not only get fit but also stay ahead of health issues that could potentially plague them in the future. I am always amazed at the strength of individuals who have a chronic health condition but who want to stay active and healthy despite the limitations they have. These are the people who I truly love to help, the ones who want to make a change not only physically but mentally and for a lifetime. Exercise will only get you so far because it’s the change in lifestyle and making healthy food choices that will help sustain your accomplishments and bring success in whatever you want to achieve. I know how hard it can be to make a change and sustain it, but I am willing to help my clients in whatever way I can. My passion for fitness and helping others continues to grow every day. Remember, one should strive for progress, not perfection.”

- Donna Higgins

“STRIVE FOR PROGRESS NOT PERFECTION”



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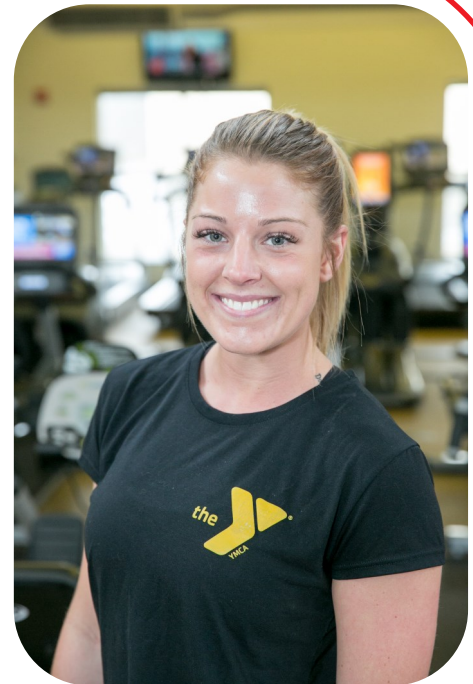
MEET KELSEY WEYMOUTH

- Exercise Physiology Degree
- Personal Trainer
- Stonehill College Graduate
- Collegiate Varsity Athlete
- High School Volleyball Coach

"Health and Fitness have always been a part of my lifestyle. During my four years in high school, the YMCA was always the place I would go in order to improve my fitness. I fell in love with the staff and the atmosphere in the wellness center. After I graduated, I knew that I could change the lives of members at the YMCA. During my time at the Y, I have discovered a deeper passion for fitness and the wellness of others which has led to a greater knowledge of training clients of all physical abilities no matter their age.

Being a collegiate athlete, my drive for fitness training runs deep. As a young trainer, I can relate to many young athletes looking to improve their performance. I enjoy watching members feel better about their overall health and knowing that I took part in their fitness journey makes this job worthwhile."

- Kelsey Weymouth



**"STRENGTH DOESN'T COME FROM WHAT YOU CAN DO,
IT COMES FROM OVERCOMING THINGS
YOU ONCE THOUGHT YOU COULDN'T."**