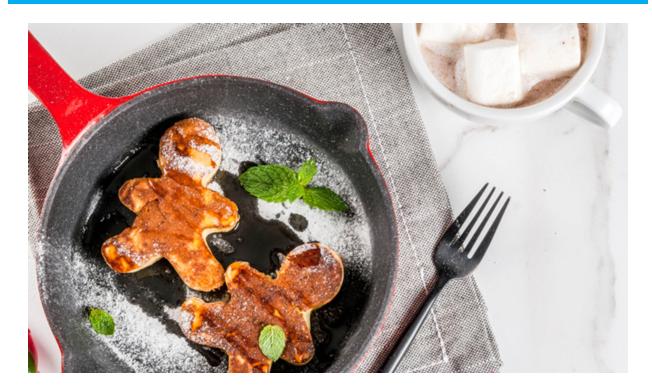


DECEMBER 2019





RECIPES

4 festive, better-for-you recipes

Visions of gingerbread pancakes and healthier hot chocolate are dancing in our heads...

Eat Up



Our #1 tip to prevent holiday weight gain

It's not the most wonderful time of the year for waistlines! Here's how to make your holidays a bit more healthy and bright.

Get Tip

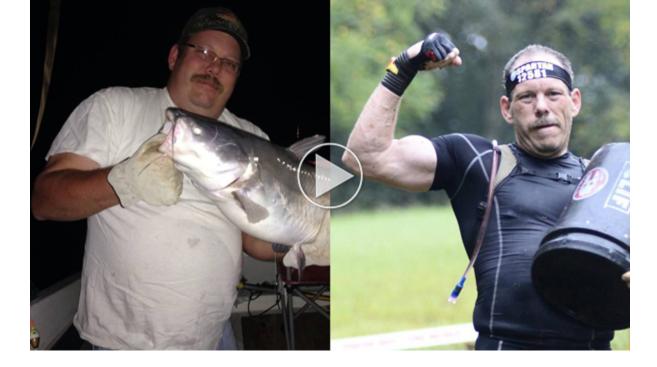


FITNESS

Beginner leg workout with dumbbells

Try these 9 moves to build muscle endurance and strength with the help of a dumbbell.

View Workout



COMMUNITY

Why races changed Ken's life

"I didn't think I'd be capable of doing a 5K, let alone 85 miles in one weekend," Ken says. Turns out, he's more than capable. He believes you are, too.

Join Ken in our last race of the year.

Read His Story



How does the YMCA's Weight Loss Program work?

The idea started with members like you. Here are 3 ways this program stands out from the crowd.

Learn More



REACH YOUR GOALS TOGETHER

REFER A FRIEND AND SAVE UP TO 20%

LEARN MORE ▶

Our Mission: A worldwide charitable fellowship united by a common loyalty to Jesus Christ for the purpose of helping people grow in spirit, mind and body.









Share this email:







Manage your preferences | Opt out using TrueRemove™ Got this as a forward? Sign up to receive our future emails. View this email online.

1000 Church Street Nashville, TN | 37203 US

This email was sent to .

To continue receiving our emails, add us to your address book.

emma

Subscribe to our email list.