

THRIVE

YOUR GUIDE TO A HEALTHIER BALANCE IN LIFE



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](#)



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.



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