



# Our Y Story

## STEPHANIE ARTEAGA & MARIA SUE

Two years ago, we were living a lifestyle that was keeping us from reaching our full potential. I (Maria) came across an opportunity to learn how to begin living a healthier lifestyle through eating healthier and becoming more active. This is what brought me to sign up for a YMCA membership.

My best friend and I noticed the positive changes I made, and she decided to get a membership as well. This decision led to a buddy system that helped us to become more comfortable with the building and the equipment. Additionally, our buddy system encouraged us to make fitness and healthy living a priority in both our lives. Over time, the YMCA has not only grown to be a



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second home for us, but for our families as well. This is due to many reasons including the amazing staff and the child watch. We work out in confidence knowing that we are welcomed by staff and that my, Maria's, kids are safely taken care of. Another reason why we continue to come here after two years is the friendships we were able to build and maintain with the staff and other members. We look forward to coming to the YMCA to be surrounded with the positivity that resonates here!