

# Willis Vincent



**I'm a  
champion!**

World's largest Y  
organization  
with 100+ million members  
in 100+ countries  
Y  
USA

## Willis Vincent

Hi, my name is Willis and this is the story about my life's journey forever changed in such a positive way. I was introduced to the YMCA two years ago through a radio contest that both my wife and I had won. This was 8 weeks of fitness training that included aerobic and strength as well as classes on nutrition. I have always been interested in fitness but had never been motivated to start. If you could get healthy through procrastination then I would have been really healthy.

The Y staff and volunteers were so helpful and so giving of their time that I just knew that I had found what I was looking for. The last piece of the puzzle was put into place. I started working out on a regular basis and found that I really liked Rep Reebok and Cycle Fit. I also became inspired with the possibility of helping others. I like working with seniors and now I volunteer my time and help out with the Cardio Class and Senior Fit. Shannon (Manager of Fitness) asked me to take some Y fitness leadership courses and did that ever stretch me to the limit! I loved it and so appreciate each one of the Y leaders who have taken the time to coach and mentor me.

This truly is a family experience that I am proud to be a part of and will contribute to for many years to come. I have met so many good people that I can now call "friend". I have health challenges but I have overcome them because the Y has inspired me not to give up. Thank you Y for all that you do for this wonderful community.

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