

WAY TO GO! I DID IT! GREAT JOB! I'M CHILLED OUT. YOU LOOK GREAT! I BELIEVE IN ME. FEEL THESE ABS!

I CAN SLEEP AGAIN. ON FIRE! TOO HOT TO TOUCH! I DID IT! MEET THE NEW AND IMPROVED ME! WAY TO GO. YOU LOOK GREAT!

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# I'm Proof!

## Proof Positive



### MARTY MERCER

Embarking on a mission to change his life and get into shape, Marty Mercer, 47, joined the Carl E. Sanders Family YMCA at Buckhead in January 2004. As Marty approached the age of 50 and struggled with weight issues, he decided he wanted a healthy future, instead of one afflicted by heart trouble or diabetes.

Inspired by his new goal to lead a healthy life, Marty partnered with wellness coach David to begin an exercise program specific to his needs. "David really helped me to stay motivated and on track in my first nine months at the Y," he claims.

Marty overcame inactivity and began a variety of exercises including cardio, weights, ab work outs, spinning classes, and swimming. **As a result Marty started to exercise regularly, lost 60 pounds, reduced his waist size from 44 to 36, improved his heart rate, and wore a size large instead of extra-large.**

Marty loves the atmosphere at the Y and enjoys the support of members and staff. He now aspires to participate in triathlons with other active Y participants. Marty encourages others to set goals, be active and join the Y so they can achieve the same success. "There is an athlete inside everyone," he says. "The Y can help you find it."



CARL E. SANDERS  
FAMILY YMCA AT BUCKHEAD

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