



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MY Y STORY

HAPPY 105TH BIRTHDAY HELEN!

Helen is a role model for us all and a testament to the benefits of exercise.
"I decided not to write my usual Christmas letter and do this picture instead considering how important this class has been to my life."

~Helen von Seggern





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MY Y STORY

SMALL TOWN FEEL, BIG TIME LOVE

The Burbank Y became home to the Pape Family when they first moved to Burbank. They joined, enrolled their children in the Child Development Center and have taken part in the Turkey Trot every year since the very first race in 2009.

In the beginning, Sven and Harriet didn't know many people in Burbank, but now they have many friends join them in running the race. In fact, this year they convened a team of 15, ranging in age from 1 to 84 years young.



They start their Thanksgiving morning doing something healthy followed by the team cooking a feast together and sitting down for a much needed meal.

We asked the Pape Family what has kept them at the Y all these years. Their answer - community. They feel at home whether they are working out on the machines, taking one of our many classes with amazing instructors (with whom they have become friends), or running the Turkey Trot on Thanksgiving morning.

We will look for the Pape Team in 2019 at the 10th annual Turkey Trot!





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CREATING HEALTHY HABITS, ONE CLASS AT A TIME

You've heard this story before. Perhaps it's even your story: making everyone and everything else a priority. Well, that was Taylor Campbell's story until her husband bought a family membership at the Burbank Y. Taylor wanted to get healthier and set a good example for her two sons, but she wasn't comfortable stepping outside her bubble. Her husband's wonderful gift pushed her outside of her cozy comfort zone.

Taylor has taken several classes and even took advantage of our Passport to Health Program by taking six different classes and managed to have fun and make new friends. So, not only is Taylor getting healthier but she's expanded her friend group and has bonded with her favorite instructor, Elvia.

Taylor describes Elvia's positive energy as hard to miss. She remembers Elvia being so welcoming and kind which really led her into a new healthy adventure.



Taylor with
youngest son Ethan

In the beginning, Taylor wasn't confident she could even finish a class but with her own perseverance, great music, and Elvia's encouragement, she braved through this new challenge. Not only is Taylor on a road to better health, but she has made a great friend in Elvia.

If this sounds even a little bit like you, we welcome you to take your first step to becoming a healthier version of yourself.





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MY Y STORY

LIVE WELL AND FEEL SWELL

The summer before my 16th birthday, I was diagnosed with arthritis. I am now 68. Over the years, arthritis has taken its toll. Last January, I heard about a program called Live Well offered through our local hospital. The Burbank Y was a partner for the program and provided a free six-month membership for participants. When I was accepted, I jumped into Y activities with both feet. It was not easy for me at the beginning and many days I didn't want to exercise at all, but I stuck with it.

At the end of the Live Well program, I hadn't lost any weight. I had, in fact, gained weight. Oh, but that made me so happy. By working out, I replaced fat with muscle and reduced my BMI by 2%. I had a surprised physical therapist comment that I actually had strong abs! I lowered my risk of falling from 84% (very high) to 39% (low). I would never have thought that at my age, I could make such big changes in my life, let alone in just short six months.

I renewed my membership. I love the community and new friends. I can't imagine my life without the Y now.

~Gai Loper





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FUTURE LEADER ON AND OFF THE COURT

Jayden, 7th grade, joined the Y and signed up for Showcase Basketball two years ago because he loves basketball and he wanted to follow in his father's footsteps.

Elvin, Jayden's mom says, "We feel so blessed to have found Showcase at the Y. Showcase teaches the players to become better people. The staff is caring and passionate and I am very pleased with the program. Coach Jeff has played a huge role in Jayden's life. He has helped Jayden become a better athlete and he has taught him to do his best and never give up."



Along with improving his basketball skills, Jayden has made many new friends and his confidence has improved dramatically. Jayden said, "one of my best days a couple of months ago was when I made a lot of points during the game and all the kids were cheering and shouting 'MVP'. It was a proud moment for me."

Jayden hopes his dad is proud of who he has become. Coach Jeff says Jayden is a wonderful young man so we absolutely know his dad is very proud of him!

