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## Alyx's YMCA Healthy Journey

The Geneva Lakes Family YMCA's income-based Financial Assistance program has created change for Alyx and her 8-year old daughter, Maya. Alyx now lives a healthier lifestyle through the support of the Y and Maya has become more outgoing and confident through the Summer Day Camp program.

Alyx, joined the YMCA in early 2016 with a goal to start a journey to better her health. At the age of eight, she developed type one diabetes and most recently as an adult was diagnosed with fibromyalgia. Alyx knew she desperately needed to make a change.

"I knew I needed to take care of myself in order to take care of my daughter. The YMCA made that possible for me," said Alyx.

Through the support of the Y and Personal Trainer, Alicia, Alyx has traveled quite a distance. She has lost over 25 pounds and her sugars are now stable. Alyx said, "Alicia's passion and dedication to my health has been life changing. She gave me self discipline and a sense of belonging. I never thought I could be a runner until her class, Tred n Shed transformed me."

Alyx is also thankful for the positive influence that the Y's Summer Day Camp program has made on her daughter Maya. "Maya loved Summer Day Camp," said Alyx! "She made new friends, gained self confidence, and learned valuable life lessons".

Alyx noted that having Summer Day Camp accessible through the Y's Financial Assistance program made a difference in both, Alyx and Maya's lives. Alyx was able to focus on her journey with the ease of knowing her daughter was in a safe place. "I am so thankful Maya was able to have a memorable summer while I worked towards my health. It was so meaningful that we could be together at the Y during my journey," said Alyx.



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