



What moves Matt?

I first got my YMCA membership in 2015, but my Y story didn't really start until early 2018; when I made the choice to show up.

Like many people I often wake up and don't feel like going to work out. That's when I like to ask myself, "What would happen if I just showed up this morning?" For me, that's the most important step in health and wellness: showing up, taking that first step, and committing to going. You'd be surprised at the positive effects just showing up can have on your life.

A sense of belonging is just as important to me as the health benefits offered by routine exercise. That's one of the reasons I decided to apply for a job at the Y. I feel lucky that I now get to interact with Y members and do my best to help them on their own journey in health.

- Matt, YMCA Staff



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