

# Help Kids. Achieve Goals. Change Lives.



If you...

- Are looking for a way to "give back"
- Want to really impact the life of a kid
- Enjoy health & fitness

**YOU can Change a Life. The life you change may be your own.**

**Friend Fitness** is a youth mentoring program designed to help all kids (grades 6-12) develop a strong work ethic, mental toughness, determination and goal setting skills. Through intense & physical weekly workouts with mentors, both one-on-one and in groups, kids discover what it takes to achieve their goals not just in the gym but in their academic, personal and social lives.

**NO EXPERIENCE OR SPECIAL SKILLS NECESSARY**

**What:** Youth Mentoring & Other  
Volunteer Opportunities

**When:** Thursdays 5:30-6:30pm  
& Sundays 10:30-11:30am

**Where:** Upper Main Line YMCA  
Conestoga High School

**Mentoring Details/Visits:** Chris

610-249-9630 [Chris@youthmp.org](mailto:Chris@youthmp.org)

**Student Referrals/Visits:** Ingrid

610-249-9631 [Ingrid@youthmp.org](mailto:Ingrid@youthmp.org)

**FRIEND FITNESS PROGRAM**

