



Hilltop January Member News

membernews



JANUARY 2021

HILLTOP YMCA

Lee Hennick

Donor & Champion Spotlight



donor & champion spotlight

How long have you been a member of the YMCA?

Since 1992. I joined downtown after I quit smoking cigarettes!

How long have you donated to the Hilltop Y?

At least Eight Years.

Why is the Hilltop Y your charity of choice?

Hilltop is my family. The Y does so many good things. I know that you have

housing, summer camps and LiveSTRONG (A program that helps cancer survivors). This is my community, my family. It is where I feel at home.

Do you have a New Year's resolution?

More patience and to give more of myself. I find that giving is the most rewarding. Patience, I work on it annually. Maybe I need to work on it more on a daily basis!

top 10 users!



Hans H. - 21 visits

Charlene H. - 21 visits

Richard H. - 21 visits

Jessie C. - 20 visits

Robert D. - 20 visits

Phillip W. - 20 visits

Breanna B. - 19 visits

Daniel F. - 18 visits

Johnnie G. - 18 visits

Larry R. - 18 visits



news & updates

Healthy Eating Plate - January

During a normal year, we set goals for becoming healthier and more fit than we were the year before. This year it feels even more important to be healthy so we can fight off common colds and even viruses.

The "[Healthy Eating Plate](#)" is a simple and easy place to start. Visualizing your plate and what the portion sizes/ types of foods that should be on it can guide our way onto a healthier lifestyle.

Along with eating well, beginning a workout routine at the YMCA or at home can aid in warding off illness. Do you have a plan? Do you like a challenge? Do you like to compete with your friends? What ways do you stay motivated in your fitness goals?

Free Produce Giveaway

January 20th, 4pm

In partnership with Mid-Ohio Foodbank, Hilltop YMCA staff and volunteers will distribute FREE FRESH PRODUCE. First come, first serve.



next month

Free Produce Giveaway

February 17th, 4pm

In partnership with Mid-Ohio Foodbank, Hilltop YMCA staff and volunteers will distribute FREE FRESH PRODUCE. First come, first serve.



fitness challenge

30 Day Fitness Challenge for Beginners

One way to stay on track with your fitness goals is to set a plan and commit to seeing it through to the end. Here is a thirty day workout challenge that you can try for the month of January. Let us know how you are doing by visiting our Facebook page and leaving a comment under the 30 day Workout Challenge post. Staying accountable, seeing how others are doing, and motivating others will surely help us start the New Year off on the right foot!

[Download Calendar \(PDF\)](#)

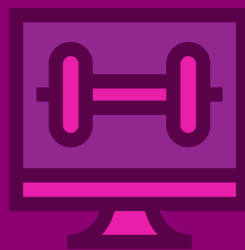
“I am in a high risk group and I feel safe. It has to do with the rules which boil down to personal responsibility for self and others. It also has to do with the number of people working out at any given time which I really like here. I do also appreciate the cleanliness and condition of the facility.”

- Jarrett V, YMCA Member

We want to hear from you!

How are we doing regarding safety? How has your experience been using our facilities? Do you feel safe? Has your health and wellness improved because we are open? Let us know!

How are we doing?



virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!

[Workout at Home](#)

[Adults ages 50+](#)

[Kids & Families](#)



**Schedules &
Reservations**



**Register for
Programs**



**Suggestion
Box**



Download our free [mobile app](#).

HILLTOP YMCA

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