

Mike Gilligan: A Success Story

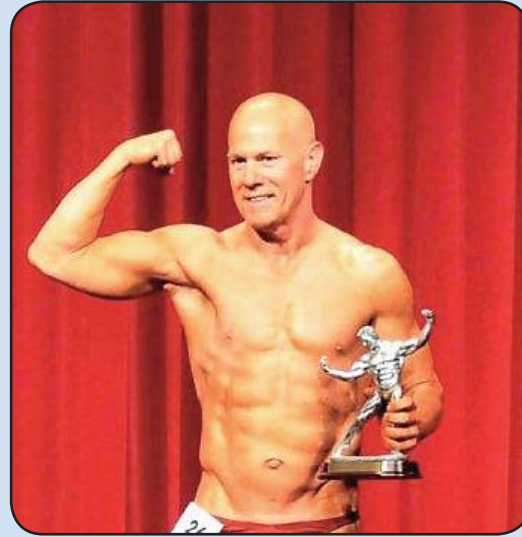
My name is Mike Gilligan, and I have been a member of the Foglia YMCA on and off for 7 years. I weighed 205 lbs. in October 2009 when I got a wake-up call from my wife, Carol. Carol was worried about my health and told me she didn't want to become a widow at the age of 50. Her dad suffered a heart attack and was cut down in the prime of his life. I had been steadily been gaining weight for 10 years, and I felt terrible.

Carol's message was clear: "Start working out and eating healthy today." At first I worked out at home. However, as I started to see some improvement I rejoined the Foglia YMCA. The Foglia YMCA has state-of-the-art equipment and training expertise I needed to get healthy. I also really enjoy the sense of community and camaraderie. The staff has been extraordinary by providing motivation, support and information.

My friends saw such a rapid improvement in my physique and attitude that one suggested I submit some before-and-

after pictures to bodybuilding.com Transformation of the Week. I did and was contacted that same day with the news that I was selected and would be featured on their website. <http://www.bodybuilding.com/fun/over-40-transformation-mike-gilligan.htm>

I have since received hundreds of very inspirational emails from Australia, Singapore, India, Europe, South America and all over the USA. I lost 40 lbs. and I feel and look better now than ever before. I hope my example registers with as many people who want to live a healthy life and need an example. I am living proof that even at 55 years old you can take the first step to the best years of your life. In 7 months I went from having very high cholesterol and at-risk of a heart attack and diabetes to competing for the 2010 Mr. Illinois Grand Master Body Building Title (NANBF). This transition would not have been possible without the



incredible support and friendship of the staff and members of the Foglia YMCA.

On May 15 Mike was named 2010 North American Natural Bodybuilding Federation Grand Master Champion!!!!

Way to go Mike!!!!

Heather Miller: New Member Relations Marketing Director

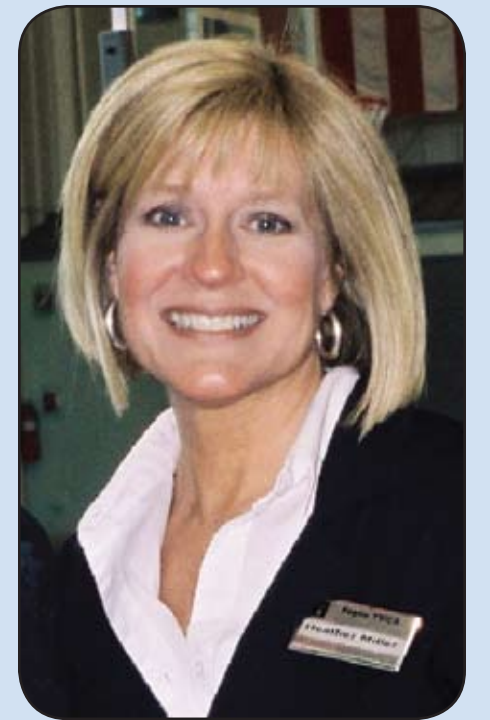
It is absolutely MY PLEASURE to be a part of the Foglia YMCA team! The warm welcome from everyone at the Foglia YMCA has been outstanding. You may be wondering who in the world is Heather Miller and where did she come from? Here is a little history. I am a Midwestern gal through and through! Most of my life I lived in Springfield, Mo. My claim to fame, I graduated high school with, YES, the one and only, BRAD PITT!

I attended college at Southwest Missouri State University as a Communications Major with a Minor in Marketing. I have been married for 18 years and have 3 great kids; McKenna (12), Anna (9½) and Landon (5). All three will get to have the opportunity to meet all of you this summer when they attend your wonderful summer camp program which they are all looking forward to!!

June of 1994 my husband and I moved to the Crystal Lake area due to a career

opportunity for him. I jumped right into my career after being hired by Centegra Health Bridge Fitness Center in the fall of 1994 as the Member Services Manager. I later became the Service Manager overseeing our front line which we called the Service Desk and Member Services. Over time, as we had a need for Marketing, I was the lucky one to be chosen as the Marketing Coordinator where I was able to utilize my creative flair.

After my third baby who was a year at the time, I thought it was time to hang up my hat and leave my legacy at Health Bridge to be a stay-at-home Mom. Much to my surprise, I missed having my career and had the opportunity to get back into the fitness industry through my new position at the Foglia YMCA as Member Relations and Marketing Director. I am thrilled to be a part and feel very fortunate to be associated with such a great group of people!



Heather Miller, Foglia YMCA Marketing Director

Foglia Announcements

Jamie Baldacinni - I am a certified personal trainer through Neta (National Exercise Trainers Association). I have been training with the TRX for 2 years and received my certification through the founder of TRX Fitness Anywhere. This suspension training encourages multi-planter training which integrates all your motions and mimics real-life movement. This will bring a muscular balance to your body, increasing performance and preventing injury. TRX suspension training uses your body weight to build strength, balance, flexibility and core stability. It is great for all fitness levels. I have also been training with kettle bells for the last year. This is another great workout for the whole body.

If you hire me as your trainer, you will be entitled to receive \$25 off your first training package.

I am available to help you meet your goals Mondays, Tuesdays, Thursdays and Friday 9am to 2pm. Offer valid for new clients **ONLY** now through July 31.



BIGGEST WINNER PARTNER CHALLENGE 2010 (10 weeks)

Winners - Mirek & Anna Gawedzki

Total pounds lost: 91 pounds
Total % of weight lost: 16.9%

Lifestyle & activity prior to challenge:

Little activity, eating out frequently & not counting calories

During the challenge: Cardio 4-5 days/week for 60 minutes at a time at the Y, on

days not coming to the Y - walked or biked outdoors. Ate home-cooked meals, eliminated sugars, increased veggies and lean proteins.

To maintain: Trying to keep lifestyle active by walking, biking and working out. Personal Training 1 time a week with Kaysi (12 PT sessions was the prize they got for 1st place). Focusing on keeping portion sizes under control and eating everything in moderation.

How do they feel after completing the challenge?

Have a lot more energy, feel lighter and have the ability to do more without feeling out of breath or tired.

They loved the program and think it should be run every year! The staff has been tremendously helpful and supportive on this journey. They loved the challenge and the weekly prizes that were attainable to all. They also had the chance to meet several other participants that they wouldn't have met otherwise.

125 Years of Fun and Friendships at Camp

2010 marks a very special anniversary for the YMCA- 125 years of camping! And covered within that time span are a multitude of related anniversaries that demonstrate the power of the camping experience in real life and in our imaginations. There are new friends, homesick letters, new skills, canoe races, camp chores, talent shows, beloved counselors, practical jokes, rustic cabins and tearful goodbyes to parents at the start of camp and tearful goodbyes to camp at the end of summer.

Day camping began in 1932 and nurtured similar skills and values in kids that resident camps did; kids just didn't stay overnight. More than 300 kids attend our day camps each summer. This summer, kids are taking part in building friendships, swimming, rock climbing, outdoor activities and so much more! They are learning new skills, becoming more independent, enjoying nature, making lifelong friends and learning songs they



will likely be able to recall well into their adulthood. They arrive with excitement and uncertainty and return home with renewed confidence and special memories.

To learn more about day camp at Foglia YMCA, please contact Jim Dalbec at jdalbec@ymcachgo.org or call 847.410.5379.

Calendar of Events

July

- **July 4** Holiday, Facility Closed
- **July 22** Care Coach 10am-1pm
- **July 23-25** LZ Parade and Alpine Fest
- July Senior Wednesdays & Bring a Friend to the Y in July!

August

- **Aug 7** 10th Anniversary Celebration Community Cookout
- **Aug 9** Fall I Program Registration, Members
- **Aug 16** Fall I Program Registration, Program Members
- **Aug 16** Registration Current Swim Team members
- **Aug 19** Care Coach 10am-1pm
- **Aug 24 & 25** Try-outs New Swim Team members
- **Aug 29** Pool Closure through Sep 6

September

- **Sep 6** Holiday, Facility Closed
- **Sep 19-26** America on the Move Week & World Wide Day of Play
- **Sep 10** Teen Night
- **Sep 17** Family Adventure Night
- **Sep 23** Care Coach 10am-1pm



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 www.fogliaymca.org

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Each year the Foglia YMCA brings the Strong Kids Campaign to our halls, asking for your help and support.

The Strong Kids Campaign makes it possible for children, adults and entire families to obtain memberships and participate in programs such as summer camp, swim lessons, child care and much more here at the YMCA.



Foglia YMCA

NEWSLETTER



Thank you for supporting our mission of building strong kids, strong families and strong communities over the last 10 years!

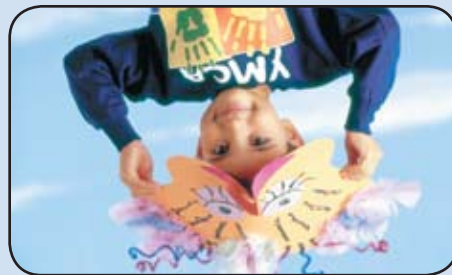
IN THIS ISSUE

- It's Our 10th Anniversary!
- Biggest Winners: Mirek & Anna Gawedzki
- Day Camp: 125 years of serving kids
- This Fall: Lots of great programs
- Our New Member Relations Marking Director
- Mike Gilligan: From couch potato to Mr. Fitness

Summer 2010 Newsletter

There's still time to register for summer day camp! Enroll your child in a summer of fun and a lifetime of memories!

YOUTH SPORTS - Come enjoy our non-competitive co-ed Flag Football and Soccer Leagues that focus on fundamentals while having FUN! These leagues are perfect for beginners and those who want to improve their skills. All games will be held on Saturdays with varying times. There will be one weeknight practice held per week on either Tuesdays or Thursdays for Flag Football and Monday and Wednesdays for Winners Soccer. Practices are held between 5-7pm. **Also to resume for the fall will be Teen Nights, Family Adventure Nights, Tot Lot and Parents Night Out.**



Kindergarten Child Care Program Coming this Fall!

Starting this fall, we are proud to introduce our new Kindergarten School Age Child Care Program. We will be collaborating with District 95, and children attending the A/M session can be picked up from their schools via buses and brought to the Foglia YMCA. The program will run from 11:30am until approximately 3:15pm. For more details contact Susan Dillon at 847.410.5373.

Coming This Fall:

ADVENTURE - Look for new Climbing Classes that focus on developing climbing skills, including belaying, knots and lead climbing.

Summer Fitness Workshops

Try out these new Fitness Classes with one of the following workshops:

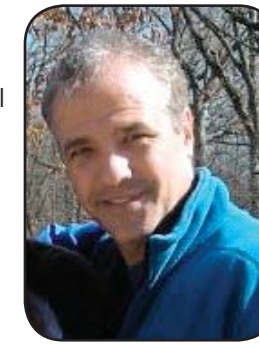
- Qigong & Tai Chi:** Monday July 12 or Monday, Aug 16, 1:30-2:30pm \$5 Member/\$10 Program Member
- Kettleball Basics:** Saturday, July 24, 7am-8:15am \$15 Member/\$30 Program Member
- Ultimate S.E.T.:** Saturday Aug 7, 7am-8:15am \$15 Member/\$30 Program Member
- TRX Suspension Training:** (Free Demos to Members) See Fitness Staff for details



Letter from the Executive Director

Sean Says...

The Foglia YMCA is 10 years old this year! We will be having a lot of member appreciation events to commemorate this Y's first double-digit birthday. The largest of the celebrations will be our free Community Cookout/Picnic Saturday, Aug 7 from 11am until 2pm. We will again have burgers and hot dogs, chips, drinks and of course, birthday cake for everyone. We will also have inflatable jumpers, youth games, a dunk tank, and a lot more, so the whole family can stop by and enjoy a fun-filled Saturday afternoon at the Y.



If you are unfamiliar with the venue, prepare to be amazed and awed. The Gala will include an open house of the estate and its private collection of collectable treasures that include but not limited to: 1881 Grant Steam Locomotive, 1890 Eden Palais Carousel, the world's largest theatre organ with 8,000 pipes, the world's largest collection of restored antique arcade and gambling machines, Tiffany lamps, 200 music boxes, phonographs, 65 coin-operated pianos and a 20 foot street clock and much, much more.

The dinner and auction fund raiser will make the private treasures of the Sanfilippo Estate open to the public. Ticket prices will include a tour, trolley ride, valet parking, hors d'oeuvres, open bar, dinner, and silent and live auction items. This is one event you will not want to miss! Please consider helping us both celebrate

and raise much needed funds in a truly fun and opulent atmosphere. Thanks again to all of our wonderful members for 10 great years serving the communities around the Lake Zurich area. I grew up in the Y and have been in literally hundreds of YMCAs across the nation. I feel we have one of, if not the nicest, YMCAs I have ever seen. I further believe that we have by and far the friendliest, most professional and best trained staff you could ever ask for and have the pleasure and honor of being surrounded by. Thanks again for 10 wonderful years to all of our members and staff!

