Exercise and Fitness
For Your Health

Whether training for a 5K, looking for a quick exercise to do between meetings to relieve stress or just an introductory course into general fitness and health, the Y is here for you.

Partnering with the Y lets you simplify matters in providing a healthy environment, creating happier and more productive employees!
Exercise and Your Heart
If there is a “silver bullet” to a healthier heart, it is exercise. Once you learn how exercise positively influences the controllable risk factors for heart disease, you will look at skipping the elevator and taking the stairs in a entirely new light.

Healthy Habits for Busy People
You might be surprised...small changes can make a big difference in your overall health and well-being. Learning what modifications make the biggest impact and more importantly exploring how to integrate them into your hectic life will help you to hit the mark.

From Couch to 5K
Whether you were once an avid runner or have never went for a jog a day in your life, our couch to 5K discussion will give you the motivation and tools you need to make it happen. We will uncover some myths about aging and running, what it really takes to get started (not much!), and how to bring this strategy into your life.

Fitting in Fitness
The role of exercise as a component of a healthy lifestyle is no secret. Yet balancing a healthy lifestyle with work and family obligations can be challenging. With a little motivation and planning, you can do it all if you just learn to recognize opportunities that most likely already exist in your daily activities.

The Relationship Between Health and Fitness
Learn how small changes can make a big difference in your overall well-being. Discover the risks that make the biggest impact on your health and more importantly the modifications that WILL benefit you most. From exercise to nutrition and stress management, come discover the tools that keep you on track for a long, healthy life!

Boomeritis – The Care of the Aging Athlete
Learn how to protect and prevent yourself from the joint aches, pains and ailments that baby boomers are beginning to face. Learn proper exercise and safe sports that will alleviate the stress the body feels during exercise.

Fitness FAQ’s
“What time of day is the best time of day to work out?”
“What is the best exercise to get rid of my gut, my thighs etc....”
Tips on things like fitness websites with good values, best-rated exercise videos and all those frequently asked exercises questions plus a Q&A for you!

Making Your Work Space Work For You
Learn the principles of ergonomics as a way of reducing fatigue and stress during your work day. Enjoy an understanding of the role that your posture plays and the importance of maintaining good posture throughout the working day.

Make an investment in your team.
Contact the YMCA of Greater Pittsburgh today to set-up your next Lunch & Learn 412 227 3800.