



## Meet Derek

After joining the YMCA to exercise with his girlfriend, Derek has seen life changing results in his health and relationships. Both Derek and his girlfriend have been pushing themselves to be healthier. After losing weight and feeling great, Derek says "me and my girlfriend have a better relationship in just about everyway possible way".

The impact continues to show for Derek with his 8 year old son, saying "he believes using some of he YMCA facilities have helped him to be a happier, healthier, and better role model for his son". We are so happy for Derek and his family for achieving so much success and new found happiness at our Union County Family YMCA!