

# Health & Fitness for the body, mind and soul.



1913 Central Y Volleyball Champions

From the 1850s to the early 1900s, the Y invented basketball, volleyball, exercise classes and group swim lessons that today, support the health and well-being of millions worldwide. Today, the Y also addresses the challenges of chronic disease, the needs of our kupuna and provides financial assistance and specialized health programs for those who need our help, such as Elizabeth and Anson's family.



1960 Training at Nu'uano Y



1938 Camp Boys Basketball Team Central Y



"I have noticed not just a big change in Aurora's food choices, but more importantly, a positive change in her whole attitude towards life."

— Elizabeth, 8-year-old Aurora's mom

It's been a tough time — Anson works two full-time jobs to allow Elizabeth to focus on the needs of their children. Adeline, now three, was diagnosed with epilepsy when she was 18 months old. And 8-year-old Aurora's pediatrician has been concerned about her weight since she was an infant.

"I wanted to do something about Aurora's health and weight before it got out of hand because habits are harder to break as she gets older and also, children can be mean," Elizabeth says.

Elizabeth found the Y's obesity management program for children to be a lifesaver for the whole family. "Aurora loved connecting with other kids her age who are facing the same challenges that she is, and Anson and I found support among the other parents. I have noticed not just a big change in Aurora's food choices, but more importantly, a positive change in her whole attitude towards life."

The program also includes a membership for their family. Says Elizabeth, "With our busy schedules, it's tough for our family to have quality time together. While the program sessions have connected us as we work together towards better health, the Y family membership allows our family to play together, too!"