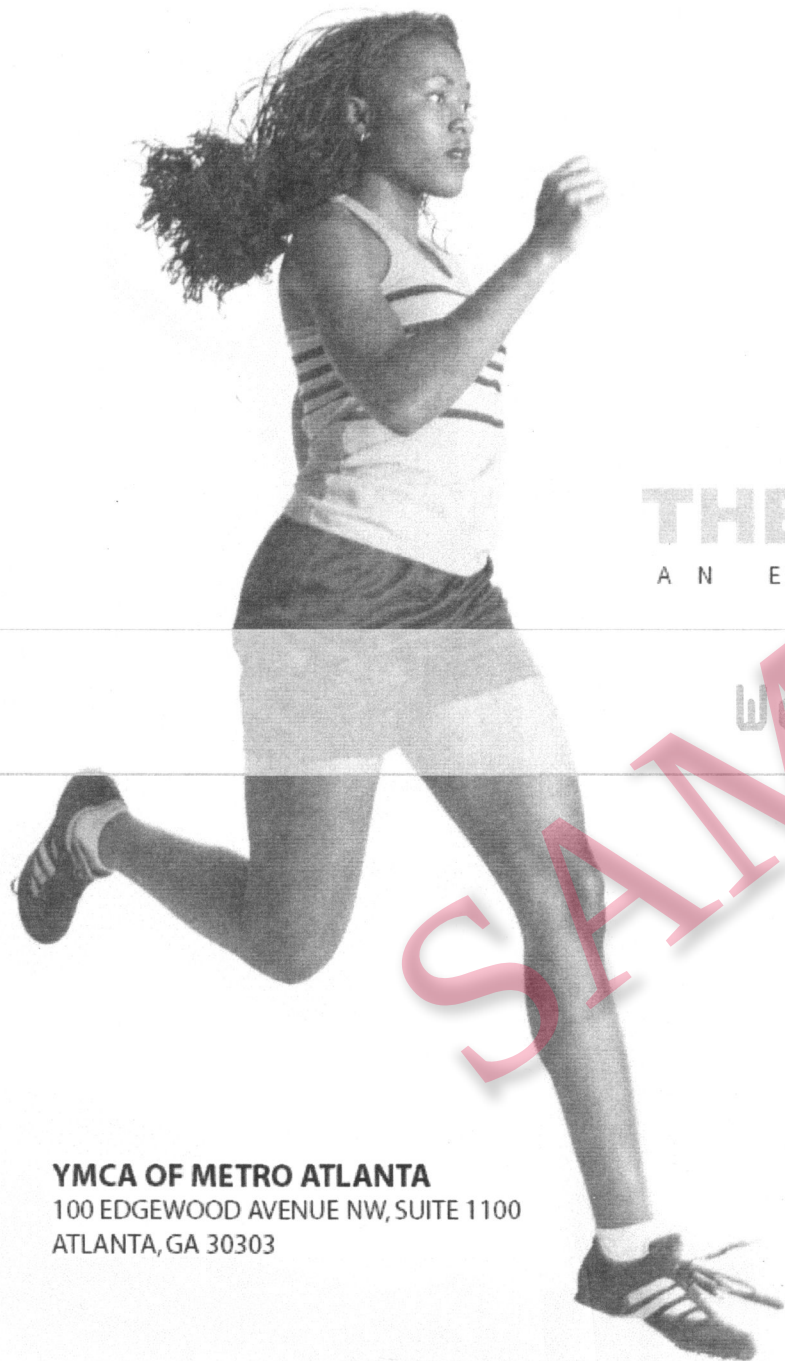




THE COACH APPROACH™

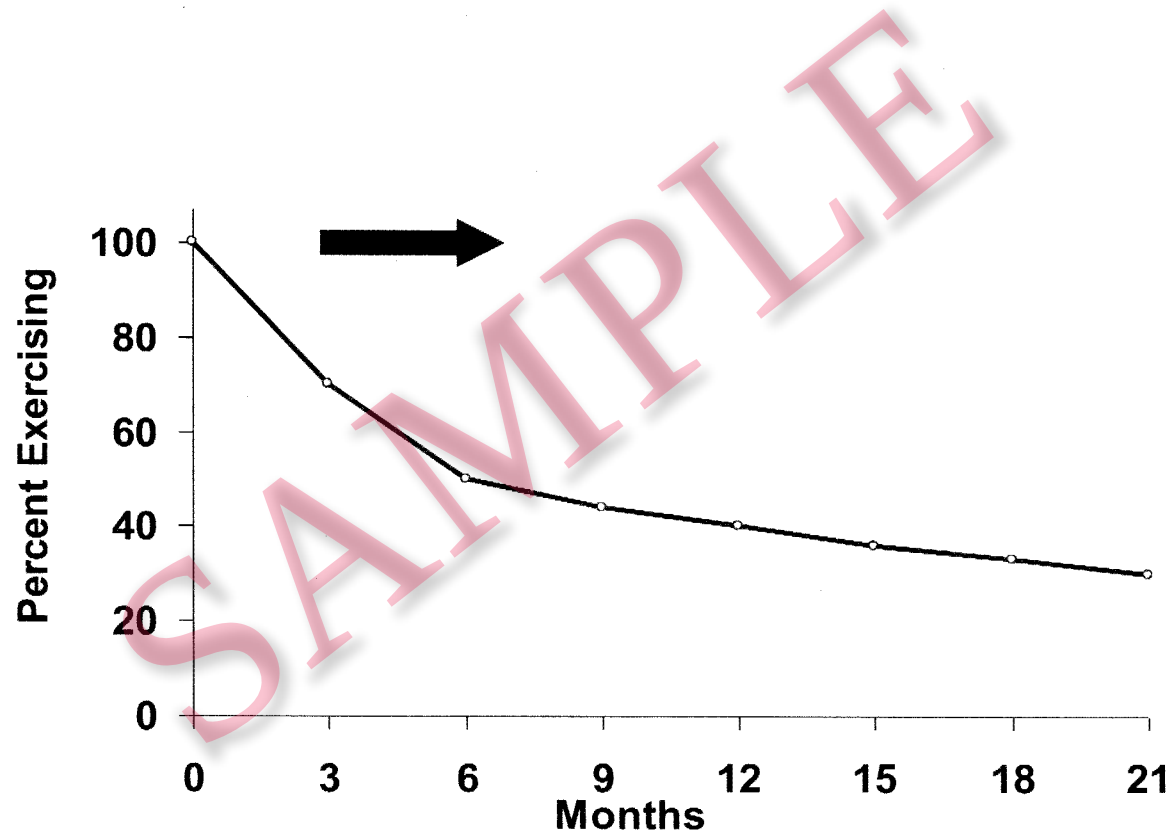
AN EXERCISE SUPPORT PROCESS

Wellness Coach Training

YMCA OF METRO ATLANTA
100 EDGEWOOD AVENUE NW, SUITE 1100
ATLANTA, GA 30303



Expected Dropout Rate from an Exercise Program Over Time



Percentage of Adults Completing Government's Recommended Amount of Exercise

