



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MICHELLE AND KELLY VANDELLEN

About The vanDellens:

- The vanDellens love to hike and have done over 1,000 miles on the Appalachian Trail.
- Michelle works for the Department of Psychology at UGA. Go Dawgs!
- Kelly is a graphic designer and photographer.

Why They Love the Y

The van Dellens have been exercising at the Y for a while. Last summer, the two started to become more serious about their health. They started running consistently in addition to their hikes, and have also been tracking their food consumption. Since June 1st of last year, they have collectively lost nearly 60 pounds! Michelle runs the AthHalf each fall and enjoys playing ultimate Frisbee. The two love being at the Y!



MARCH 2016