

MY Y STORY

Alyssa Clason

I have Prader Willi Syndrome, a genetic disorder where I am always hungry and tend to overeat. In 2012 I went to Pittsburgh Children's Institute Prader Willi Center for a 12-week program in which I lost over 30 pounds while there. Since then, I am on a calorie restricted diet and my doctor wants me to exercise for at least one hour ever day.

I come to the YMCA daily with my provider to exercise. When I first started coming, I was shy and did not talk to anyone, but that has changed. Now I know all of the staff and consider them good friends and supports. I joke around with them all of the time.



I have also started cheerleading with the Super Stars Cheer Team and I love it! My confidence and self-esteem is so much better thanks to the YMCA! I continue on my weight loss and have lost 66 pounds to date!