

COMMUNITY HEALTH



LOVE YOUR HEART BLOOD PRESSURE SELF MONITORING PROGRAM

The blood pressure Self-Monitoring program helps adults with hypertension lower and manage their blood pressure. The four-month program focuses on regulated home self-monitoring of one's blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management. With the support from a trained Healthy Heart Ambassador, participants:

- Measure and record their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

Location: Image Management Family YMCA Branch

Fees: \$40 Members -- \$65 General Public

NEW SESSION: Begins Feb. 26, 2024.

NATIONAL DIABETES PREVENTION PROGRAM

The National DPP lifestyle change program is an evidence based program focused on helping participants make positive lifestyle changes such as eating healthier, reducing stress and getting more physical activity. Research shows that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type 2 diabetes by 58% (71% for people over 60 years old) This is a result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week.

- NDPP is a year long program that is delivered in person, online, or through a combination approach. The program includes at least 16 weekly sessions during the first 6 months and at least 6 monthly sessions during the second 6 months.
- The program is taught by trained lifestyle coaches
- The program includes group support
- CDC- recognized program

Location: Image Management Family YMCA Branch

Monthly Fees: \$475 Members -- \$575 General Public

NEW SESSION: Begins Feb.14, 2024.

PEDALING FOR PARKINSONS

More than one million Americans are living with Parkinson's disease and nearly 60,000 new diagnoses occur each year. There is no known cure and the risk of developing Parkinson's disease increases with age. Pedaling for Parkinson's uses group cycling and support to reduce symptoms in those affected by Parkinson's disease and improves quality of life for patients and their caregivers. YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency.

Eligibility Requirements

- Measure and record their blood pressure at least two times per month
- Adults ages 30-75
- Parkinson's disease clinical diagnosis, medical clearance
- YMCA membership is not required

Location: Image Management Family YMCA Branch

Monthly Fees: \$45 Members -- \$90 General Public

EXERCISE FOR PARKINSON'S

Offered through a partnership with Aurora HealthCare.

Our Exercise for Parkinson's class is designed to help individuals with Parkinson's maintain an active lifestyle while focusing on cardiovascular conditioning, flexibility and balance. Participants work with a Physical Therapist and Fitness Specialist.

Location: Image Management Family YMCA Branch

Monthly Fees: \$55 Members -- \$90 General Public
(Fees are based on class two times per week)

Monthly Fees: \$75 Members -- \$100 General Public
(Fees are based on class three times per week)

Questions?

Contact Mathias Werve, Healthy Living Director
Email: mwerke@ymcaracine.org



**LIVE BETTER
REDUCE YOUR
SYMPTOMS**



COMMUNITY HEALTH

ENHANCE FITNESS MODIFIED MOVES, MAXIMUM RESULTS

Enhance Fitness is an evidence based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Enhance Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility—everything older adults need to maintain health and function as they age, manage arthritis and reduce the risk of falls.

Participants have experienced the following changes:

- More Energy
- Better Balance
- Increases in upper body and lower body strength
- More flexibility and range of motion
- Better Sleep

What participants can expect:

- Classes meet three times each week for 60 minutes
- Stand, sit or hold onto a chair for support
- Focus on strength, flexibility, movement and balance.
- Make friends who support and cheer you on

Location: Image Management Family YMCA Branch

Fees: \$30 Members -- \$60 General Public

NEW SESSION: Begins Mar. 4, 2024.

TRI-FIT SWIM WORKOUT

Stroke Analysis and technique drills, speed, endurance and efficiency. To join this class participants must be able to complete 25 yards and be safe in deep water. The Y's coaching staff will teach the rest. Great for triathlete and fitness swimmers who are looking for a pool challenge in a team environment.

Days: Wednesdays and Fridays

Times: 6:00–7:30am

Location: Image Management Family YMCA Branch

Fees: \$25 Members -- \$50 General Public

Fees are based on class 1 time per week

LIVESTRONG AT THE YMCA

LIVESTRONG is a research-based physical activity and well being program designed to help adult cancer survivors reclaim their total health. Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.

NEW SESSION: Begins Feb. 13, 2024.



LIVESTRONG®

AT THE YMCA

Questions?

Contact Mathias Werve, Healthy Living Director
Email: mwerke@ymcaracine.org

WE NEED VOLUNTEERS.



Scan me to sign up
to volunteer at the
Racine Family YMCA