

COMMUNITY HEALTH

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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

EXERCISE FOR DIABETES

An exercise program for individuals with pre-diabetes and diabetes.

REDUCE YOUR RISK

- An individualized exercise plan
- Group exercises focused on cardio and resistance training
- Weekly independent circuit training exercises

MEASURABLE GOALS ONE STEP AT A TIME

- Attend monthly nutrition education seminars
- Significant improvements from decreased HbA1c levels>
- Improve physical fitness and confidence levels
- Improve lifestyle habits

Location: Sealed Air Branch

Monthly Fees: \$50 Y Members
\$100 Community Participant

Fees are based on class two times per week

DIABETES PREVENTION PROGRAM

If you are at high risk of developing Type 2 Diabetes the National Diabetes Prevention Program can help you make lifestyle changes that will improve your overall health and well-being, and reduce your chances of developing the disease.

To qualify for the program, participants must be at least 18 years old, overweight (BMI \geq 25) and at high risk for developing Type 2 Diabetes or have been diagnosed with prediabetes.

Class dates, times and location are based on demand. To see if this program is a covered benefit, please check with your employer or health insurance provider.

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 no required

Monthly Fees: \$25 Y Members
\$50 Community Participant

EXERCISE for PARKINSONS

Building Strength to Thrive

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.

Monthly Fees: \$50 Y Members
\$75 Community Participant
\$100 Community Participant

Fees are based on class two times per week
\$75 Y Members
\$100 Community Participant
\$100 Community Participant

Fees are based on class two times 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.

Intake forms are available at the Welcome Desk or email mwerve@ymcaracine.org

YMCA Mission Statement

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

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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 Sense of Independence

What participants can expect:

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

Monthly Fees: \$25 Y Members
\$50 Community Participant

Fees are based on class 3 times per week

FALLS PREVENTION HELPING YOU FEEL STRONG, STEADY AND SAFE

Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities. When you are hesitant to be active you may feel as if life is passing you by. Goals include improving balance, flexibility, muscle strength and mobility to enhance overall physical health. Our safe and supportive group setting offers an opportunity to enjoy learning with like-minded adults and find relief from the isolation that can sometimes accompany living with limited mobility.

Eligibility Requirements

- 65 years or older, physically mobile with impaired stability
- 45 years or older with a chronic condition that impacts mobility

Monthly Fees: \$25 Y Members
\$50 Community Participant

Fees are based on class 3 times per week

TAI CHI

Tai Chi is a centuries-old Chinese martial art that descends from qigong, an ancient Chinese discipline that has its roots in traditional Chinese medicine. Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This class has physical and mental benefits. If done regularly, it improves muscle tone, flexibility, balance, and coordination. Many older people find that it boosts their energy, stamina, agility, sharpens their reflexes, and gives an overall sense of well-being. Aaron Richie, certified Tai Chi instructor will lead you through an hour long class through an 8-week session. Pre-registration is required!

Minimum enrollment: 6

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| • Monday | 10:30am | Riverside Branch |
| • Wednesday | 10:30am | Mount Pleasant Branch |
| • Saturday | 9:30am | Mount Pleasant Branch |

Advanced

- | | | |
|-------------|---------|-----------------------|
| • Wednesday | 11:45am | Mount Pleasant Branch |
| • Saturday | 10:00am | Mount Pleasant Branch |

Location: Sealed Air Branch

Monthly Fees: \$10 Y Members
\$20 Community Participant

Fees are based on class 1 time per week

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: Wednesday and Friday

Times: 6:00-7:30am

Location: Sealed Air Branch

Monthly Fees: \$25 Y Members
\$40 Community Participant

Fees are based on class 1 time per week

SALSA, SABOR Y SALUD

The first national program of its kind designed to encourage healthy lifestyles among Latino families—designed by Latinos for Latinos. Kraft Foods and NLCI launched the program. This eight-session program assists Hispanic/Latino families with children 12 and under to make healthy choices for eating and incorporate activity into their daily lives, getting the whole family involved.

Salsa, Sabor y Salud is based on four inspiring messages:

- Eat from all food groups every day
- Be sensible about portions
- Be physically active every day
- Take small steps for success

