

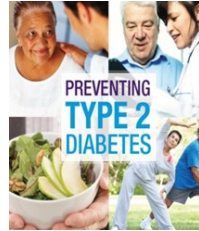
# HEALTHY LIVING

## COMMUNITY HEALTH INITIATIVES

### 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 this structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). This is the 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.

**Cost Members \$450/ General Public \$500**

**Session begins Monday October 10**

### 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

- Significant improvements from decreased HbA1c levels
- Improve physical fitness and confidence levels
- Improve lifestyle habits

#### Monthly Fee

**2x per week: Members \$50/General Public \$75**

**3x per week: Members \$75/General Public \$105**

### EXERCISE FOR PARKINSON'S BUILDING STRENGTH TO THRIVE

Offered through a partnership with Aurora Health Care.

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 Fee

**2x per week: Members \$50/General Public \$75**

**3x per week: Members \$75/General Public \$105**

### PEDALING FOR PARKINSON'S

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

- Adults ages 30-75
- Parkinson's disease clinical diagnosis, medical clearance
- YMCA membership not required

#### Monthly Fee

**2x per week: Members \$40/General Public \$65**

### 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

**Session begins Monday October 3rd**

### 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



**8-Week Session begins Wednesday September 14th**

For more upcoming session info and program details, contact Mathias Werve, [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org) or call 262.898.4551

FALL I MEMBER REGISTRATION BEGINS AUGUST 12 • GENERAL REGISTRATION BEGINS AUGUST 15

# HEALTHY LIVING

## COMMUNITY HEALTH INITIATIVES

### 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. The 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 Fee

2x per week: Members \$15/General Public \$25

### 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.

Session begins Monday October 3rd

#### 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 Fee

2x per week: Members \$15/General Public \$25



### 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.

12-Week Program begins Tuesday September 13th

#### To learn more, contact Mathias Werve at

[mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org) or 262.898.4551.

### 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. If minimum enrollment is met and slots are still available, same day drop ins will be accepted.

#### Sessions Available:

Monday 10:30-11:30am (Riverside Branch)  
Wednesday 10:30-11:30am  
Saturday 10:30-11:30am

#### Advanced Canes

Wednesday 11:45-12:15pm

Location: Mount Pleasant Branch

#### Monthly Fee

Members \$10/General Public: \$20/month

Fee based on 1 day per week

### TRI-FITNESS SWIM WORKOUT – Mount Pleasant Branch

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.

#### Monthly Fee

\$10 Members /General Public: \$20

#### QUESTIONS?

Mathias Werve

262.898.4551

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