

# HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

Community Health programs will be offered this fall as virtual and in-person programs. In these changing times, we will post all schedule and program updates on our website as they become available, [ymcaracine.org](http://ymcaracine.org).

## DIABETES PREVENTION PROGRAM

If you are at high risk of developing Type 2 Diabetes, the YMCA's 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. In order 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.

## MOVEWELL TODAY®

The MoveWell Today® Diabetes Exercise Program (DEP) is an outcome-based licensed physical activity intervention program for diabetes prevention and self-management. The program adheres to the American College of Sports Medicine and American Diabetes Association exercise guidelines.

## REDUCE YOUR RISK

An individualized exercise orientation and prescription will be completed for all participants.

- 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 level, nutrition knowledge, and confidence level.
- Improve lifestyle habits.
- Knowledge and self management tools to improve your health.

## 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 a week Members \$50 members/General Public \$75  
3x a week Members \$75 members/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 Parkinson's disease sufferers and improve the quality of life of 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:

3x a week Members \$50 members/General Public \$75

## LOVE YOUR HEART

### Blood Pressure Self Monitoring Program

The Blood Pressure Self-Monitoring program is to help 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 ore energy

## 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. The eight-session program assists Hispanic families with children 12 and under to make healthy choices for eating and incorporate activity into their daily lives, getting the whole family involved.

### It's based on four messages:

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

Community Health Programs will be available  
"Live", Virtually or Live/Virtual,  
check website for details or call 262.898.4552.

For more information contact:  
[Lyn Boehm, lboehm@ymcaracine.org](mailto:Lyn.Boehm@ymcaracine.org)

# HEALTHY LIVING

## COMMUNITY HEALTH INITIATIVES

### MOVING FOR BETTER BALANCE

Helping You Feel Strong, Steady and Safe



Feeling unbalanced or unsteady can prevent you from taking part in basic everyday activities like cooking a meal or taking a walk with a friend. When

you're hesitant to be active, you may feel like life is passing you by. Moving for Better Balance can help you maintain your independence!

This 12-week, evidence-based group exercise program is based on the principles of Tai Chi teaching eight movements modified especially for fall prevention. Goals include improving balance, muscle strength, flexibility 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 and/or mobility
- 45 years or older with a chronic condition that may impact stability and/or mobility

#### Monthly Fee:

**2x per week Members \$15 members/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.

#### 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
- More feelings of happiness
- 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:

**3x per week Members \$20 members/General Public \$30**

### 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 & strength; increasing flexibility & 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.



This is a 12-week program. **To learn more, contact: Andrea Bravo, [abravo@ymcaracine.org](mailto:abravo@ymcaracine.org) or call 262.898.4551.**

### TAI CHI

This centuries-old Chinese martial art descends from qigong, a 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. With regular practice, Tai Chi improves muscle tone, flexibility, balance and coordination. Many older adults find that it boosts their energy, stamina, agility, sharpens their reflexes and gives an overall sense of wellbeing.



Aaron Richie, certified Tai Chi instructor will lead you through an hour long class. Pre-registration is required! Minimum enrollment: 6. Same day drop ins will be accepted.

#### Sessions Available:

Wednesday 10:30-11:30am  
Friday 10:30-11:30am  
Saturday 10:30-11:30am

**Location:** Sealed Air Branch

**Members: \$10 month/General Public \$20 month  
Fee based on 1 day per week**

### TRI-FITNESS SWIM WORKOUT - Sealed Air Branch

Stroke Analysis and technique drills, speed, endurance and efficiency. To join this class participants must be able to complete 25 yards & be safe in deep water. The Y's coaching staff will teach the rest. Great for triathlete & fitness swimmers who are looking for a pool challenge in a team environment. Wednesday and Friday, 6:00am-7:30am  
**Fee: \$25 Members/\$40 General Public**

**For more information contact:**

Lyn Boehm, [lboehm@ymcaracine.org](mailto:lboehm@ymcaracine.org)