

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

Committed to promoting healthy living for all, the RACINE FAMILY YMCA offers a variety of programs for those who suffer from or are at risk for developing specific chronic diseases. Chronic disease prevention programs and services support people in changing their lifestyles, managing stress levels and adopting beneficial fitness and nutrition behaviors for every stage of life.

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. Information session Monday, January 27 at 4:00pm & Friday, January 31 at 8:00am – Sealed Air Branch. Classes beginning in February. To be added to the interest list, email lboehm@ymcaracine.org or call 262-898-4551.



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.

The program meets on:

Monday/Wednesday 1:30-2:30pm or 2:45-3:45pm

Monthly Fee: \$50 Members/\$75 General Public

Friday 12:30-1:30pm or 1:30-2:30pm

Monthly Fee: \$25 Members/\$40 General Public



PEDALING FOR PARKINSON'S

Building Strength to Thrive

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

The program meets on:

TBD

Monthly Fee: \$50 Members/\$75 General Public

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.

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

OUR AIM: TO HELP YOU FEEL BETTER

A full hour of fun, meeting 3 times per week for 16 weeks, **EnhanceFitness** focuses on dynamic cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants. **Enhance Fitness** is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace.

WHO QUALIFIES?

EnhanceFitness welcomes older adults at all fitness levels. The program is especially beneficial for older adults living with arthritis.

Information sessions:

Thursday, December 19, 2019

Thursday, January 9, 2020

9:30am – Sealed Air Branch.

Classes begin: January 14, 2020

Tuesday, Thursday & Friday 10:30-11:30am

Registration is ongoing throughout the session

Monthly Fee: \$20 Members/ \$30 General public

(16 weeks, 3 times per week)

To be added to the interest list, email

lboehm@ymcaracine.org or call 262-898-4551.



For more information contact:

Lyn Boehm, lboehm@ymcaracine.org
or call 262-898-4551

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

MOVING FOR BETTER BALANCE Helping You Feel Strong, Steady & 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 and led by a qualified instructor 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.

Potential Gains

- A positive social experience
- Improved balance and stability
- Improved memory and cognition
- Improved muscle strength
- Improved self-confidence
- Reduced stress
- Improved flexibility
- Improved mental and emotional well-being



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

Dates & Times

TBD (12 wks/2 times per week)

Monthly Fee: \$15 Members/\$25 General Public

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

Session 1 Orientation: Sealed Air Branch
Friday, March 6, 2020 - 6:30pm
March 13 - May 1; Friday 6:30-8:00pm

LIVESTRONG® AT THE YMCA

LIVESTRONG is a research-based physical activity & 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.



The next 12 week program meets on Tu & Th 1:30-3:00pm, beginning February 4, 2020. Applications due: December 30, 2019. **To learn more, contact: Andrea Bravo, abravo@ymcaracine.org or call 262-898-4551.**

PRE & POST REHAB TRAINING

An injury can have a dramatic effect on the quality of life. Recovery from injury or surgery can present a number of challenges that may take a physical, mental and emotional toll.

The pre rehab training will prepare you for your upcoming surgery. The post rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services and will assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals.

Your Physical Therapist will work directly with your certified Personal Trainer to relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

Program fee includes: An eight-week program consisting of 12 visits with a certified personal trainer. Two 45-minute sessions per week during the first four weeks. One 45-minute session per week for the second four weeks. Sessions include warm up, land or water program and cool down/stretch.

Fees: \$350 Members/\$450 General Public

TRI-FITNESS SWIM WORKOUT - SEALED AIR BRANCH

Stroke Analysis & 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 alike, looking for a pool challenge in a team environment.

Wednesday & Friday 6:00am - 7:30am

Fee: \$25 Members/\$40 General Public

For more information contact:

Lyn Boehm, lboehm@ymcaracine.org
or call 262-898-4553