

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

We are 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 based on demand. To see if this program is a covered benefit, please check with your employer or health insurance provider. Classes starting in September, October and November. See website for details.

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 Mo/We 1:30-2:30pm or 2:45-3:45pm

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



PEDALING FOR PARKINSON'S - Starting October 1st

Group cycling and support help participants reduce symptoms in Parkinson's disease sufferers and improve the quality of life of patients and their caregivers. Eligible adults aged 30-75 with a Parkinson's diagnosis ride indoor cycles at 80-90 RPM, three times per week, 60 minutes each session, over the course of at least eight weeks

(program can continue indefinitely as participants choose). YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency.

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.

Eligibility Requirements

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

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.

A full hour of fun, 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. Across the country, a growing number of Y associations offer Enhance Fitness, an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. In addition to the physical benefits, research has shown that, among older adults who participate in Enhance Fitness, health costs were lowered each year by close to \$1,000.

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 — do what's right for you!
- Focus on strength, flexibility, movement and balance.
- Make friends who support and cheer you on.

OUR AIM: TO HELP YOU FEEL BETTER

Each class session includes 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?

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

Classes begin the week of September 16th.

(16 wks/3 times per week)

Times: TBD

Monthly Fee: Members \$20 members/General Public \$30

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. Better mental health, reduced stress, improved memory and cognition and increased self-esteem may also result. 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

This program's safe and supportive group setting allows participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

Classes begin the week of September 16th.

(12 wks/2 times per week)

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

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

Check website for dates, times and locations.

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.



This 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 post-rehab program will take you to the next level and assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals.

The Pre-Rehab program will help prepare your upcoming surgery. The Post-rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services. 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: Two month Y membership and an eight-week program consisting of 12 visits with a certified personal trainer. Two 30-minute sessions per week during the first four weeks. One 30-minute session per week for the second four weeks. Sessions include warm up, land or water program and cool down/stretch.

TRI-FITNESS SWIM WORKOUT

Stroke Analysis & technique drills, speed, endurance & efficiency. To join this class participants must be able to complete 25 yards & be safe in deep water. Our 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

Location: Sealed Air Branch

For more information contact:

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or call 262-898-4553