

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 ≥ 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.



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 - COMING FALL 2019

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

ENHANCE® FITNESS

Modified Moves, Maximum Results - COMING Summer 2019



**ENHANCE®
FITNESS**

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.

For more information contact:

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

HEALTHY LIVING COMMUNITY HEALTH INITIATIVES

MOVING FOR BETTER BALANCE – COMING Summer 2019 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.

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 both 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. Pre-registration is required! Minimum enrollment: 5 If minimum enrollment is met & slots are still available, same day drop ins will be accepted.

Wed 10:30am or Sat 10:00am

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

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 September 10, 2019. Applications due: July 31, 2019. **To learn more, contact: Andrea Bravo, abravo@ymcaracine.org or call 262-898-4551.**

WORKPLACE WELLNESS

BUILDING A HEALTHIER WORKFORCE

Healthy employees create a healthy workplace. A Workplace Wellness program means supporting every employee in the improvement or maintenance of their current state of health. This includes mental, physical, and emotional support to guide employees toward positive lifestyle changes. And everyone knows that healthy employees make productive companies. Let the YMCA help you develop a plan to incorporate a program today.



Healthy Living programs have been shown to:

- Improve job performance
- Boost morale
- Lower absenteeism and turnover
- Decrease disability days
- Reduce medical costs
- Cost Effective
- Employee Retention
- Increased Productivity

Workplace Wellness Opportunities & What the Y can do for you

- On-site Lunch & Learns, Group Fitness classes, Wellness Challenges
- On-site Personal Training-Small Group Training, Fitness Assessments, Body Composition, Screenings
- Participation or Management of Health Fair
- Management of on-site Fitness Center
- Diabetes Prevention Program
- Safety Trainings & certifications
- Monthly Healthy Living Newsletter

For more information contact:

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