

COMMUNITY HEALTH

ACHIEVING WELLNESS GOALS TOGETHER

LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a FREE twelve-week, small group program designed for adult cancer survivors.

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, Y staff and members.

Y fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care. Classes are held weekdays with daytime and evening classes.

Contact Elana Reynolds at 967-6363, ext. 206, elana@ryeymca.org for more information or visit www.ryeymca.org

**January 8 – March 26: Mondays & Wednesdays: 6:15–7:30pm
or Tuesdays & Thursdays: 1:15–2:30pm**

**February 26 – May 14: Mondays & Wednesdays: 1:15–2:30pm
or Tuesdays & Thursdays: 6:15–7:30pm**

**April 9–June 25: Mondays & Wednesdays: 6:15–7:30pm
Tuesdays & Thursdays: 1:15–2:30pm**

FREE – Rye YMCA Membership not required.

(Our **LIVESTRONG** at the YMCA program is supported by donor contributions)

LIVESTRONG AT THE YMCA ALUMNI CLASS

LIVESTRONG at the YMCA alumni classes will provide past participants the opportunity to catch up with former **LIVESTRONG** at the YMCA classmates while meeting new ones.

You'll continue the physical activity program you began during your **LIVESTRONG** at the YMCA class and experience new options and opportunities each month.

The classes will be guided by your **LIVESTRONG** at the YMCA instructors as well as other practitioners and professionals who specialize in working with cancer survivors.

Mondays at 7:30 pm

ExerZone

2nd and 4th Monday throughout the session

Tuesdays at 2 pm

Group Ex Studio

1st and 3rd Tuesday throughout session

Members: \$10* or \$5 drop in class

Non-member: \$25* or \$10 drop in class

Non-members: \$100 / unlimited alumni class pass

*9 week session

Register online. Elana Reynolds at 967-6363, ext. 206, elana@ryeymca.org

YMCA DIABETES PREVENTION PROGRAM

YOU CAN TAKE CONTROL – Ages 18+

NO ONLINE
REGISTRATION

Are you at risk? **The YMCA's Diabetes Prevention Program** helps those at high risk for developing type 2 diabetes reduce their risk through healthy eating, increased physical activity and weight loss – an approach that has been proven to prevent or delay the onset of the disease by more than half.

In a classroom setting, a trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include nutrition, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you will meet monthly for up to a year for added support to help maintain your progress.

Program Goals: • Reduce body weight by 7% • Increase physical activity to 150 minutes per week

You must be overweight and have a diagnosis of prediabetes or overweight and at high risk for developing diabetes to qualify for the program. To find out if you qualify or to register contact: Elana Reynolds, 967-6363, ext. 206 or visit www.ryeymca.org and put **Diabetes Prevention** in the search box. UnitedHealthcare members should check with their employer for program availability, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

Option 1 starts April 10: Tuesdays 10:00–11:00 am

Option 2 starts April 11: Wednesdays: 6:30–7:30 pm

For fees, please contact elana@ryeymca.org Financial Assistance available through our Y Cares program