

HEALTH CONNECTION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RYE YMCA

21 Locust Avenue, Rye NY 10580

April—June 2015

ryeymca.org

A QUARTERLY PUBLICATION FEATURING SPECIAL HEALTHY LIVING OPTIONS AT THE RYE YMCA



QUARTERLY SPOTLIGHT

SPRING INTO ACTION

Welcome to Spring! As we emerge from a long cold winter and begin the 2nd quarter of 2015 with a sense of possibility, it's a great time to set your sights on renewing your commitment to achieving your health and wellness goals.

Setting goals is a great first step, but seeing them through can be challenging. At the Y, you'll find more than fitness equipment and nutrition tips to help you maintain your health. You'll also find the support and confidence you need to nurture your growth in spirit, mind and body.

In this issue of **Health Connection**, the Rye YMCA is featuring a number of opportunities for you to **Spring into Action** toward achieving your health and wellness goals. So take some time to learn how the Y can help you renew your commitment to achieve more this year!

The wellness staff of the Rye YMCA are here for you — **Be a part of something MORE!**

BUST YOUR ROUTINE

Workouts of the Week

Be sure to pick up your copy of the **Workout of the Week** in the Fitness Center every Monday. We have workouts designed by our Personal Trainers that are geared to adults who are just getting started or those who are ready to take it to the next level. Any of our Floor Trainers can help you learn the moves.

And don't forget to pick up a copy of the **Family Workout of the Week** in the Freestyle Fitness Zone every Monday. This is a great way for your family to stay active and workout together. Any of our Floor Trainers can help your family get started.

"I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go."

- Langston Hughes

WEIGHT WATCHERS AT THE RYE YMCA

SUCCESS STARTS HERE

See your goals from a new perspective – ACHIEVEABLE!

The Rye Y is collaborating with Weight Watchers to bring a regular meeting to our facility. Once we have a minimum of 15 interested members we can establish a start date for our meetings, which will take place on Thursdays from 1:00-2:00 pm. The cost for a 12 week series is \$156.00 and includes 14 weeks of access to Weight Watchers' eTools (a savings of \$19.95 per month).

If you are interested in participating in Weight Watchers at the Rye YMCA please contact Diana Vita at 914-967-6363, ext. 211, or diana@ryeymca.org. If you are interested in participating, but cannot make a weekday meeting, please contact Diana about your interest and the time of day that could work for you!

Losing weight is a win-win for you and your health!



MEMBER ACHIEVEMENTS



Matvey Yalovitser

I weighed 296 pounds when I joined four years ago. My wife bought me a Rye Y membership for my birthday. I had high cholesterol and diabetes and didn't feel good. This place is so supportive. I became friends with everyone. I fell in love with this place.

In Russia I was a professional wrestler. We competed as amateurs because officially I was assigned to work in a tractor plant. But my job was wrestling. I have shoulder problems from those years and had a back operation a couple of years ago. After that I started to swim. Five days a week, I spend 1 ½ hours in the pool doing Yoga, Tai Chi and running in the water. I follow my own routine and it is excellent. Plus I use the sauna - the Russian way with peppermint. It opens everything up. A lot of people go in with me and tell me they have freer breathing afterwards.

First I lost 20 pounds, then when I started exercising in the water, I lost 40 more. Now I'm down to 222 pounds. The water is healing. I used to have pains everywhere. Now I'm energetic and feel younger than 67. The people at the Y are excellent - caring, smiling, lighting up this place. That's why the Y has become my second home.

IF you have a story of achievement that you'd like to share, please contact Laura Tiedge, Senior Director of Healthy Living at 914-967-6363, ext. 107, or laura@ryeymca.org.

COUNTDOWN TO SUMMER CHALLENGE

60-40-30-20-10-5-0

Join us for the **Countdown to Summer Challenge** from April 23 – June 21

April 23rd marks the start of our **Countdown to Summer Challenge**. Register online or at the Member Service Desk. Between April 20-22, stop by the Fitness Center during the scheduled time to weigh-in and have your body measurements recorded. Then on April 23rd the fun begins! You'll have 60 days to work toward achieving the following goals:

- 60 Days**
- 40 Minutes of Physical Activity a Day**
- 20 Minutes of Interval Training a Week**
- 10 Dollars to Participate**
- 5 Pounds or Inches to Lose**
- 0 Sugary Beverages**

Participants will receive weekly emails with tips, class suggestions and support. Then on June 22nd we will retake your measurements, and have the final weigh-in.

Prizes will be awarded to members who lose 5 pounds or 5 inches!! Join us for this fun challenge and let's get ready for summer TOGETHER!

If you cannot make any of the weigh-in times, please contact Laura Laura at 914-967-6363, ext. 205 or lauralaura@ryeymca.org.

Weigh-in Schedule

Monday, April 20th
9:00am-11:00 am

Tuesday, April 21st
5:00pm-7:00 pm

Wednesday, April 22nd
12:00-2:00 pm

Members Only

\$10.00 registration fee.

For more information contact Laura Laura at 914-967-6363, ext. 205 or lauralaura@ryeymca.org.

HEALTHY LIVING CLASSES

TAI CHI WORKSHOPS

Join us for a Special Tai Chi Series in April and May with Rob Corrado

APRIL

Benefits of Tai-Chi

Practice and learn the benefits of Tai Chi with Basic Movements. Each week new moves are introduced focusing on mind, balance and flexibility.

Tuesdays 3:00-3:45 pm
April 7, 14, 21, and 28

MAY

Foundations of Tai-Chi

Practice and learn the foundations of Tai-Chi through breathing, movement, strength, and flexibility. Class will build up the series each week and will incorporate balance exercises.

Tuesdays 3:00-3:45 pm
May 5, 12, 19, 26



YMCA DIABETES PREVENTION PROGRAM Ages 18+

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.

To find out if you qualify, or to register contact: Tanya Stack at tanya@ryeymca.org or 914-967-6363, ext. 206

COMMIT TO CHANGE MAY PERSONAL TRAINING INCENTIVE

Are you looking to make a transformation? Are you ready to commit to change, whether it's your lifestyle, physical ability or body composition? If your answer is YES we have a great opportunity to help you get you started!

In May we are offering a month long program for members who are **NEW TO PERSONAL TRAINING** to help you achieve your health and wellness goals. During the month you will work with your designated Personal Trainer to establish a specific change you are trying to make. Then you will meet with your Personal Trainer once a week for a half hour session. Each week you will also receive two additional workouts for you to complete during the week to help you get to your desired results.

After four weeks of focus, come the results and the rewards! After working hard for the month, we will celebrate your success with a free 30-minute personal training session.

Sign-up for **Commit to Change** BEFORE May 2nd, and let us help you achieve your best!



UPCOMING HEALTHY LIVING EVENTS

Rye Derby and Healthy Kids Day

Join us for a fun, active day for the whole family! The annual Rye Derby 5 Mile Run / 5K | 1 Mile Healthy Fun Run/Walk is Sunday, April 26th. Bring the whole family for complimentary food, festivities and fun! Visit www.ryeymca.org for additional information and to register.

Senior Health and Fitness Day

On Wednesday, May 27th join us for an afternoon devoted to health and fitness for adults 60 years and older. Activities take place from 1:15 – 4:00 pm. Registration is required. To make your reservation contact Diana Vita at 914-967-6363, ext. 211, or diana@ryeymca.org. ***If You Keep Moving, You'll Keep Improving!***

FAMILY HEALTH AND WELLNESS

PLAN, PREP AND EAT TOGETHER

Busy schedules can make finding time for healthy family meals a challenge, but when we opt for convenient and quick options like 'fast food' or eat at different times, we lose the opportunity to spend quality time with loved ones and support our health and well-being.

When all members of the family are engaged in planning, cooking and then sharing regular, nutritious meals—be it breakfast, lunch or dinner—caregivers can take advantage of this time spent together and nurture children's development by serving as positive role models, strengthening family relationships and setting healthy habits to promote children's health and wellbeing later in life.

At the Y, strengthening community is our cause, and strong families make for strong communities. As we approach the warmer days of spring, it's a good time to consider how changing up your meal routine can strengthen your family's health and well-being. Here are a few helpful tips for making healthy family meals a priority:

HOLD A WEEKLY PLANNING PARTY

Gather the family around some healthy snacks and hold a meal planning party where everyone helps plan healthy family meals and creates a grocery list with needed ingredients. Involving children in selecting ingredients may make them more receptive to trying new foods and recipes.

COOK TOGETHER

By preparing meals together, caregivers can teach kids about what goes into making a nutritious meal while also imparting useful skills and spending quality time with them. Break tasks down into manageable pieces and encourage children to touch, smell and taste ingredients. Have fun and let everyone experience how good it feels to work together.

ENJOY AND RELAX

Mealtime is perfect for family conversation. Engage kids in conversation that excites them and spend time talking about the meal they helped plan and prepare. This should be a time when everyone feels connected and part of the family.

TEEN STRENGTH & FITNESS CAMP

REGISTER NOW FOR A SUMMER FUN & FITNESS

Is Your Tween/Teen looking to get fit or stay fit and have fun this summer? Then our Teen Fitness and Strength Camp is the answer. Your 12-15 year old will work 3 days a week, both indoors and out, with Certified Personal Trainers and Sports Nutrition Specialists to achieve their goals. Activities include swimming, sports, games, strength training, spinning, agility training and much more. Teens will get fit, learn about nutrition and have a great time! Register for Teen Fitness and Strength Camp at the Member Service desk. For more information, contact Diana Vita at 914-967-6363, ext. 211, or

FAMILY FITNESS

Try our Family Fitness Classes—available each week!

Family Strength Workout
Wednesday, 4:30-5:15 pm

Family Zumba
Sunday, 3:30-4:15 pm

FREE to Members



FAMILY WORKOUT OF THE WEEK

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