



families to learn, grow and thrive together. The Y's core values of caring, honesty, respect and responsibility create a nurturing environment where adults and kids alike can play and enjoy time with each other.

**Develop a new skill or interest.** Learning is a lifelong endeavor that supports well-being at any age. At the Y, you can explore health topics with discussion groups, stretch out with yoga or refine your water skills with swimming lessons. As you discover new passions at the Y, you'll also make connections with others who share your interests.

**Give back to help others.** No matter your skills, resources or schedule, at the Y you can find a way to give back and volunteer to lend a hand and strengthen your community. Along the way, you're likely to develop new friendships and learn more about your neighbors and yourself.

As you prepare for taking on the resolutions that you made to yourself, please know that the wellness staff of the Rye YMCA are here for you! Throughout 2015, we will publish **Health Connection**, our new quarterly newsletter, which will highlight specific opportunities available to you as a member to achieve more this year — **Are you ready?**

## JANUARY HIGHLIGHTS

### KNOW YOUR NUMBERS

This month you will find a number of opportunities for you to take stock of where you are in terms of both your health and your abilities before you get started on the road to improvement. We will provide opportunities for you monitor your blood pressure, BMI and body composition, as well as opportunities to assess your swimming stroke mechanics and analyze your mobility and strength. With this baseline information we can get started discovering what the Y has to offer that will help you improve your numbers.

#### Free Fitness and Swim Stroke Assessments

Are you curious to learn where you stand in term of overall strength, balance and flexibility? Have you always wanted to get feedback from a coach on your stroke mechanics, or receive guidance on your swim practice? Our personal trainers and swim coaches are here to help.



## HEALTH SCREENINGS

### Free Blood Pressure Checks

Every Monday morning (except national holidays) a nurse is available outside the Fitness Center from 9:00-11:00 am

Additional dates this month:

Sunday, January 4th  
9:30—11:00 am

Sunday, January 25th  
3:15 —4:45 pm



### Body Composition

A personal trainer is available to take key body measurements and help determine your body fat percentage. Please contact Diana Vita at [diana@ryeymca.org](mailto:diana@ryeymca.org) or 914-967-6363, ext. 211 to schedule a time for your **FREE 20-minute screening**

Thursday, January 8, 15, 22, 29  
8:00 —9:00 am

Sunday, January 4, 11, 18, 25  
11:00 am —12:00 pm

### Free BMI & Diabetes Risk Screening

A YMCA Diabetes Prevention Lifestyle Coach is available to help determine your BMI and assess your risk for developing diabetes with a simple paper & pencil test. Look for a Lifestyle Coach outside of the Fitness Center on the following dates:

Monday, January 12th  
10:00 am —12:00 pm

Thursday, January 15th  
5:30—7:30 pm

Monday, January 21st  
10:00 am —12:00 pm

Thursday, January 26th  
5:30—7:30 pm

#### Fitness Assessment Dates (Fitness Center)

**Mondays 12:00-1:00pm OR  
6:30-7:30pm**

**Saturdays 9:00-10:00am**

**Schedule your FREE 20 minute  
assessment with Diana Vita at  
[diana@ryeymca.org](mailto:diana@ryeymca.org)**

#### Swim Assessment Dates (Brookside Pool)

**Mondays 11:30am-12:30pm**

**FREE 20 minute assessments  
are available. Please  
register at the Member  
Service desk**



## PERSONAL TRAINING JANUARY MEMBER INCENTIVE

### Special Price Roll-Back

From **January 2-22nd** we are rolling back prices on select personal training packages.

5 half hour sessions: \$185

5 one hour sessions: \$338

10 half hour sessions: \$323

10 one hour sessions: \$584

Certified Personal Trainers are available to design and instruct an exercise program to suit your individual goals and needs. Start the New Year off right with some 1:1 support. Contact Diana Vita at [diana@ryeymca.org](mailto:diana@ryeymca.org) or 914-967-6363, ext. 211 for more information and assistance with identifying a personal trainer



## HEALTHY LIVING CLASSES STARTING IN JANUARY

### 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.

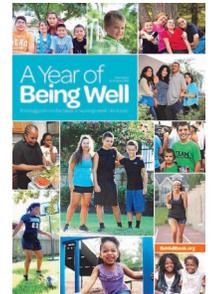
**To find out if you qualify, or to register contact: Tanya Stack at [tanya@ryeymca.org](mailto:tanya@ryeymca.org) or 914-967-6363, ext. 206**

If you qualify for the program, the next session begins on January 26<sup>th</sup>

## HEALTHY LIVING GROUPS STARTING IN JANUARY

### MY FAMILY – A YEAR OF BEING WELL

Are you looking for ways to make healthy living easier for everyone in your family? Join us for a unique opportunity to meet other families who share your desire to lead a healthier life and instill healthy habits. **A Year of Being Well** meets once a month to discuss healthy habits, talk about successes and challenges that you are experiencing, share stories, exchange healthy recipes, and learn from one another. Participants can supplement monthly meetings with ongoing support and access to healthy living tips and resources through our private Facebook group page.



**FREE to Members** (18 years or older) – Registration is Required!  
Register online or in-person starting January 2, 2015

**Meetings held in the MPR from 1:00-2:00 on the 2<sup>nd</sup> Tuesday of the month starting January 13th to December 8, 2015**

### SUGAR BUSTERS—21 DAYS TO A SUGAR-FREE LIFE



You'd be amazed at how much sugar can be found in the foods we eat. Join our sugar detox support group and spend 3 weeks together learning how to break the sugar habit and improve your health.

Weekly meetings will be held in the Teen Lounge from 7:00--8:00 pm on Tuesday, January 27, February 3, February 10, with a special celebration on Monday, February 16<sup>th</sup>.

**FREE to Members** (18 years or older) – Space is limited -- Registration is Required! Register online or in-person starting January 2, 2015

## FEBRUARY HIGHLIGHTS

### “TRY THE Y” MEMBER CHALLENGE

In February we will help you learn about all the Y has to offer to keep you moving forward in 2015. The **Try the Y** Challenge will encourage you to experience the many choices for physical activity and well-being that you have access to as a member of the Y. Gear up for a month of variety with the opportunity to try new activities and enjoy all that the Y has to offer! The Challenge will feature a “Try the Y” pass that will encourage you to take a spinning class, participate in open swim, play a new sport, workout in our fitness center, go to the Wainwright House, take your blood pressure and simply **Try the Y!** Complete a variety of activities in the month of February to freshen up your fitness routine!

Did you know that adding variety to your routine helps to beat boredom, avoid plateaus, prevent overuse injuries and meet new people! Take the challenge and **Try the Y** for a month — you are sure to find a few things that you really enjoy doing, and keep you moving toward meeting your wellness goals.

The **Try the Y** Challenge will run **February 2 through February 28!** Challenge details will be published later in January.

### SPECIAL TAI CHI WORKSHOP

Through a series of smooth movements, this mind body form of exercise improves strength, reduces stress and anxiety, and enhances flexibility and balance. Meditation in motion, Tai Chi promotes serenity in gentle movements. Each week these workshops will help you progress in your practice and focus on new movements.

**Thursday, February 6, 13, 20 and 27<sup>th</sup> — 12:45-1:45 pm**  
**FREE for Members (18+) — Led by Rob Corrado**

## “TRI” WITH FRIENDS

### 2015 RYE Y TRIBE KICK-OFF

**A Triathlon Team for Women**  
**Ages 18+**

#### **When was the last time you tried something for the first time?**

Discover the mystery and challenge of this exciting and fun three-sport event. Our all-female team of coaches is ready to educate and inspire you to achieve your goal of completing your first triathlon, or to continue training and improving in the sport. Triathlon has a place for EVERY body!

#### **INFORMATION SESSIONS**

**Date: 1/20/15 OR 2/3/15**  
**Time: 10:30 am OR 7:00 pm**  
**RSVP: Laura Tiedge -- [laura@ryeymca.org](mailto:laura@ryeymca.org)**

**TEAM REGISTRATION BEGINS MARCH 1ST**

## VOLUNTEER OPPORTUNITIES

**Help improve the health of others!**

**Community Health Assistant**  
Respond to inquiries, enter data, & provide program support  
Contact Tanya Stack:  
[tanya@ryeymca.org](mailto:tanya@ryeymca.org)

**Member Greeter**  
Welcome & connect with members as they enter the Y  
Contact Barb Hughes:  
[barbara@ryeymca.org](mailto:barbara@ryeymca.org)

**Swim Aide**  
Assist instructors with lessons & connect with students  
Contact Vickie Kourtellis:  
[vickie@ryeymca.org](mailto:vickie@ryeymca.org)

## COMING IN MARCH

### MARCH FORWARD

The best way to succeed with your resolutions is to **HAVE A REALISTIC PLAN OF ACTION!** Throughout the month of March, the Rye Y's Wellness staff will be available to sit down with you and help you create **SMART** (Specific, Measurable, Attainable, Realistic and Time-limited) goals designed to guide you toward achieving better health.

Personal SMART Goal meetings will be available throughout March. In late February look for more information on dates and times to schedule your goal setting appointment.

## SAVE THE DATE

**MEMBER APPRECIATION WEEK**  
March 23–28, 2015