

COMMUNITY HEALTH

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 Heidy Barros at 967-6363, ext. 114, heidy@ryeymca.org for more information or visit www.ryeymca.org

January 6 – March 26

Tuesday & Thursday: 1:15-2:30pm or

Monday & Wednesday: 6:15-7:30pm

February 24- May 14:

Monday & Wednesday: 1:15-2:30pm or

Tuesday & Thursday: 6:15-7:30pm

April 6- June 29

Tuesday & Thursday: 1:15-2:30pm or

Monday & Wednesday: 6:15-7:30pm

FREE – Rye YMCA Membership not required.

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

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.

**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: Heidy Barros, 967-6363, ext. 114 or visit www.ryeymca.org and put **Diabetes Prevention** in the search box.

LIVESTRONG AT THE YMCA ALUMNI CLASS

Provides 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.

Monday at 7:30 pm: ExerZone

2nd and 4th Monday throughout the session

Tuesday at 2 pm: Group Ex Studio

1st and 3rd Tuesday throughout the session

Member: \$10 or \$5 drop in class

Non-Member: \$25 or \$10 drop in class

Questions? Contact Karina Barreto at 967-6363, ext. 206, karinabarreto@ryeymca.org

FREE NUTRITION SEMINARS

Seminars developed by a Registered Dietitian will highlight how food is related to blood pressure management and will provide you with the knowledge and skills to make heart-healthy choices. For more information, contact Heidy, ext. 114, heidy@ryeymca.org

Third Wednesday of every month

11:30am – 12:30pm

January 15: Dietary approaches to stop hypertension

February 19: Reducing sodium intake

March 18: Shopping, cooking, and food preparation

April 15: Eating for your heart

BLOOD PRESSURE SELF MONITORING PROGRAM

The simple process of checking and recording your blood pressure at least twice a month over a period of four months has been shown to lower blood pressure in some people with hypertension. Blood Pressure Self-Monitoring is an evidence-based program that features personalized support for developing a blood pressure self-monitoring routine, tips for maintaining cardiovascular health and nutrition education. For more information, contact Heidy, ext. 114, heidy@ryeymca.org

Rolling enrollment. Weekly office hours

Wednesday: 10:00-11:30am and

Thursday: 12:00-1:30pm

Fee: \$20; \$40: Blood pressure monitor included in fee

ENHANCE FITNESS

Enhance Fitness is a 16-week evidence-based exercise program that has been shown to improve arthritis, strength, endurance, balance and flexibility, and is recognized by the CDC and other national organizations committed to improving the health and wellness of older adults. Work with a certified instructor for one hour, 3 days a week for 16 weeks. Enhance Fitness can benefit non-seniors as well.

Class will be held at the Wainwright House

Monday, Wednesday & Friday: 12:15-1:15pm

Member: FREE; Non-Members: \$149

Pre-registration required. Please contact Heidy Barros, x114, heidy@ryeymca.org to begin the registration process.

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