

# YOUR HEALTH IS IN YOUR HANDS

CHRONIC DISEASE PREVENTION  
& RECOVERY PROGRAMS



YMCA OF LONG ISLAND  
855.2YMCALI  
YMCALI.ORG



# BLOOD PRESSURE SELF-MONITORING PROGRAM

One in three American Adults have high blood pressure. Only half of people with high blood pressure have their condition under control.

The YMCA Blood Pressure Self-Monitoring Program is an evidence-based 4-month program for adults diagnosed with high blood pressure. Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend monthly nutrition education seminars

The program aims to reduce participant's blood pressure and improve quality of life.



# ENHANCE® FITNESS

Enhance®Fitness is an evidence-based physical activity program proven to increase the physical, mental, and social functioning of older adults, particularly those with arthritis.

The exercises focus on increasing cardiovascular endurance, strength, balance, and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for each participant. Classes are held in a relaxed atmosphere that promotes fun, laughter, and friendship. That social interaction is proven to be a vital part of senior health and well-being.

Program offered at select locations, FREE of charge for full YMCA members and a nominal fee for non-members.



# HEALTHY LIVING LONG ISLAND

Healthy Living Long island is a FREE 6-session health education program for people with any type of ongoing health problems. Learn how to manage your health and maintain an active and fulfilling lifestyle.

## **Feel better!**

Increase your energy and get relief from pain, fatigue, and difficult emotions.

## **Take control of your life!**

Do the things you want to do each day.

## **Get connected!**

Learn from others who have similar health issues.



# LIVESTRONG® AT THE YMCA

**LIVESTRONG®** at the YMCA is a FREE, 12-week program designed for cancer survivors who want to regain or maintain their health. This is a group-based program that meets twice per week for 75 minutes at the Y.

Our staff of certified coaches provides a supportive and safe environment for each class. Coaches have participated in specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care who follow American College of Sports Medicine and American Cancer Society exercise guidelines. Our coaches are also relationship builders with the empathy and ability to connect and develop relationships with cancer survivors and their families.





# MOVING FOR BETTER BALANCE

If you are having trouble with your balance, are concerned about falling, and are 62 years of age or older, you may be eligible to attend this FREE, 12-week program.

Moving for Better Balance is a fall prevention program that uses the principles and movements of Tai Chi to help older adults improve their balance and increase their confidence in doing everyday activities. Taught by a YMCA Certified Instructor, participants learn low impact postures and movements along with stretching and breathing exercises to improve mobility.

FREE for full YMCA Members. Non-members can participate for a nominal fee.



# WEIGHT LOSS PROGRAM

Participating in the YMCA's Weight Loss Program is a great way to learn how to eat healthier, be more active, and lose weight. There are no gimmicks and no restrictive approaches—just the tools you need to make the necessary changes in your lifestyle to achieve your wellness goals.

This 12-week program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight, and keeping it off, such a challenge.

A weekly, group-based, one-hour meeting provides a supportive network of others working on similar goals to help when the going gets tough and to celebrate successes along the way.





**“My arthritis is not going away – but I feel better now than I have in the last 10 years!”**

I have been a member of the YMCA for 3 years, mostly for use of the treadmill and elliptical machine. In the last 5 years, my arthritis has been affecting my ability to walk. One day when I was wincing in pain on the treadmill, a fitness staff member came over to me to ask if I was okay. After we spent some time talking about my condition, he told me about the **Enhance Fitness** program that could fit into my weekly workout routine. After just six weeks of this class, my flexibility improved and I have more energy. My arthritis is not going away, but I feel better now than I have in the last 10 years!

**– MARGARET S.**

**“My mom is learning to live without the fear of falling.”**

My mom had an accident last winter when she fell down a flight of stairs walking from the house to her car. She broke two ribs and her wrist. The healing process was long and painful for her. But worst of all, she was afraid of falling again so she became inactive. I learned about the **Moving for Better Balance** program at my Y and encouraged my mom, at 74 years old, to give it a try. Within a couple of months, I could see her getting stronger and happier to be with a community of others in similar situations. Thanks to the Y for preparing her in this next chapter of life.

**– CARL M.**





**“LIVESTRONG at the Y has given me a new chance at a healthy life.”**

After battling breast cancer and now in remission this year, I know how important it is to have a supportive network. My friend, also a cancer survivor, suggested signing up for the **LIVESTRONG** at the YMCA program. One of the hardest things I’ve experienced is losing strength and the energy to be physically active while battling this disease. This program has helped me gain that back and more. I am also so blessed to have this group of people who have become my extended family.

**- DARLENE C.**






















**“I feel confident that I now have the tools to lose and keep the weight off this time.”**

I’ve been overweight most of my adult life. I’ve tried every diet out there and nothing has worked! I learned about the Y’s **Weight Loss** Program when I dropped my kids off at the Y for swimming lessons. When I connected with a Y Wellness Coach, I thought I have nothing to lose, except the extra weight, if I sign up. This program taught me how to make changes that have a big impact and focused on my relationship with food and exercise. In just 10 weeks, I have lost 19 lbs. and feel confident I can reach my goal weight!

**- BETHANY K.**

# PROGRAM BREAKDOWN

## BY BRANCH

	Glen Cove	Huntington	Bay Shore	Patchogue	East Hampton
Blood Pressure Self Monitoring					
Enhance®Fitness					
Healthy Living Long Island					
LIVESTRONG® at the YMCA					
Moving for Better Balance					
Weight Loss					



The YMCA of Long Island is committed to improving the health and well-being of the community we serve. We offer various research-based signature programs that tackle serious health issues with proven success.

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## **For more information or to sign up:**

Phone: 855-2YMCALI

[ymcali.org/programs/health-fitness](http://ymcali.org/programs/health-fitness)

[Health@YMCALI.org](mailto:Health@YMCALI.org)

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## **YMCA MEMBERSHIP NOT REQUIRED.**

These programs are offered either at reduced fees or for FREE to members and non-members alike.

Contact a branch near you  
for more information.

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### **YMCA of Long Island**

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

