



# RECLAIM YOUR HEALTH

## Chronic Disease Prevention Programs

### YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. **Program requirements:**

- Must be over 18 years of age
- If you one of the following pertains to you:
  - Been diagnosed with prediabetes
  - A qualifying score on the prediabetes risk assessment
  - Are over the age of 65

If you would like information on the next session of the YMCA's Diabetes Prevention Program, please e-mail your contact information to Tara Marshall, [tmarshall@whatcomymca.org](mailto:tmarshall@whatcomymca.org) or call, 360-354-5000.

Visit our website and complete the YMCA Diabetes Prevention Program Interest Form. Tara Marshall will contact you with class information: [www.whatcomymca.org](http://www.whatcomymca.org)

### PEDALING FOR PARKINSON'S

Research has shown up to a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

#### Program Requirements:

- be between 30-75 years
- have a diagnosis of Idiopathic PD
- **complete and submit a signed consent form and medical clearance**
- agree to periodically monitor progress
- May not have cardiac or pulmonary disease, uncontrolled diabetes mellitus, uncontrolled hypertension or stroke, dementia, or other medical conditions that are contraindicative to exercise

#### BELLINGHAM

**DAY:** Mon, Wed & Fri  
**TIME:** 10:00-11:00am  
12:00-1:00pm  
**FEES:** FREE YMCA Members

#### LYNDEN

**DAY:** Mon, Wed & Fri  
**TIME:** 11:30am-12:30pm  
**FEES:** FREE YMCA Members

**WHATCOM FAMILY YMCA**  
[www.whatcomymca.org](http://www.whatcomymca.org)

### ACT! ACTIVELY CHANGING TOGETHER

Start creating healthy habits with your child that can last a lifetime with the Y's ACT! program.

Specially trained Y staff offer guidance and encouragement for eating well, playing often and preventing health conditions associated with being overweight. **Youth must have a body mass index (BMI)  $\geq$ 85<sup>th</sup> percentile. Includes YMCA Membership. Medical Referral Required.** For more information, please contact Mary, 360-255-0496 or [mlatta@whatcomymca.org](mailto:mlatta@whatcomymca.org).

### LIVESTRONG AT THE YMCA

If you are a cancer survivor who has completed your treatment, then this might be a good time to participate in this evidence-based physical activity and well-being program designed to help you reclaim total health. FREE for cancer survivor and one support person. Membership included with participation.

#### BELLINGHAM

**DATES:** May 6 - July 29  
(no class May 27)  
**DAYS:** Mon & Wed  
**TIME:** 1:00-2:30pm

#### LYNDEN

**DATES:** April 9 - June 27  
**DAYS:** Tues & Thurs  
**TIME:** 1:30-3:00pm

Contact Tammy,  
[tbennett@whatcomymca.org](mailto:tbennett@whatcomymca.org)

Contact Paula,  
[pwilliams@whatcomymca.org](mailto:pwilliams@whatcomymca.org)

### ROCK STEADY BOXING PROGRAM

Coming soon!

This program empowers people with Parkinson's to improve their quality of life through a non-contact boxing based fitness curriculum. For more information, contact Tracy, [tdiehl@whatcomymca.org](mailto:tdiehl@whatcomymca.org).

### ENHANCE®FITNESS

Enhance Fitness is a proven community-based senior fitness and arthritis management program that will help you become more active, energized and empowered for independent living. Pre and post assessment shows session effectiveness.

This 16-week class meets three times a week at an offsite location. For more information, contact Mary, [mlatta@whatcomymca.org](mailto:mlatta@whatcomymca.org)