



RECLAIM YOUR HEALTH

Chronic Disease Prevention Programs

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) ≥85th percentile. Includes YMCA Membership. Medical Referral Required. AGES: 8-14 years with parent or guardian**

DATES: Sessions will begin in September

CONTACT: For more information, please contact Mary, 360-255-0496 or mlatta@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

ROCK STEADY BOXING FOR PARKINSON'S

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.

DAYS: Tuesdays & Thursdays 9:00am-10:00am

FEES: \$100/month

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 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

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

Contact Tammy,
tbennett@whatcomymca.org

LYNDEN

DATES: April 16 - July 9
(no class July 4)
DAYS: Tues & Thurs
TIME: 1:30-3:00pm

Contact Paula,
pwilliams@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

WHATCOM FAMILY YMCA
www.whatcomymca.org