

HEALTHY LIVING



CHRONIC DISEASE MANAGEMENT & PREVENTION Improving our COMMUNITY through HEALTHY LIVING

In partnership with LincolnHealth, Central Lincoln County (CLC) YMCA and Boothbay Region (BR) YMCA offers community evidence-based health intervention (EBHI) programs to assist in chronic disease management and prevention. For more information or to see if you're eligible for any of the EBHI programs, please contact Casey Clark Kelley, cclarkkelley@clcymca.org or 207-350-7026.

Healthy Weight and Your Child

This is an evidence-based program for **children with obesity**. The program includes 25 sessions delivered over 4 months. The family-based, weight-management program focuses on nutrition education and physical activity to encourage healthier eating habits and an active lifestyle to reach a healthy weight. In order to qualify for participation in the Healthy Weight and Your Child Program, the child must be 7-13 years old, carry excess weight, with a body mass index (BMI) of the 95th percentile or higher.

Child must receive clearance from a healthcare provider or school nurse to participate in physical activity.

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a research-based physical activity and well-being program designed to help adult **cancer survivors** reclaim their total health. This 12-week program meets twice a week for 75 minutes in small groups and allows cancer survivors to regain their physical, emotional, and spiritual strength by way of safe and effective physical activities and a supportive environment that fosters unique and positive relationships. **Next group starts in April 2020!**

LIVESTRONG

AT THE YMCA

Enhance® Fitness

As a 16-week fitness program focused on **falls prevention and arthritis management** proven to help older adults become more active, energized, and empowered. Enhance® Fitness will address the need for arthritis management in our community through lifestyle intervention. With safe, low-impact exercises, older adults of all fitness levels will grow stronger, improve balance, increase flexibility, boost activity level, relieve arthritis symptoms, and elevate their mood.

Enrollment is every Monday at CLC YMCA.

Enhance Fitness - Monday, Wednesday, Friday, 10:30-11:30am

Blood Pressure Self-Monitoring

The YMCA's Blood Pressure Self-Monitoring is a 4-month program that offers personalized support as participants develop the habit of **monitoring** their **blood pressure**. Research shows that the process of recording blood pressure at least twice a month over a period of four months can lower blood pressure in many people with high blood pressure. Participants will take and record their blood pressure at least two times per month, attend two consultations a month with a Healthy Heart Ambassador, and attend monthly

nutrition education seminars.



Diabetes Prevention Program

If you're **at risk for developing type 2 diabetes**, you can make small, measurable changes that can reduce your risk and help you live a happier, healthier life. This 12-month group-based program consists of 16 core sessions, followed by monthly maintenance sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. Discuss topics such as healthy eating, increasing physical activity, reducing stress, problem solving, and much more. Stay motivated to maintain progress towards program goals with group support. Classes are scheduled based on participant availability. **Schedule an appointment to learn more! Next**

Rock Steady Boxing & Boxing for Parkinson's

Boxing improves the quality of life for people battling **Parkinson's disease** through non-contact, boxing inspired fitness training. Training classes include an exercise program that attacks Parkinson's at its vulnerable neurological points, while focusing on overall fitness, strength training, reaction time and balance. No boxing experience is necessary and people of all ages are invited to participate.

Tuesday & Thursday 10:30-12pm at BR YMCA; Monday & Friday 10-11am starting October 28 at CLC YMCA.

