

#MIYMCA

HEALTHY LIVING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

State Alliance of Michigan YMCAs

May 2015

**BUILDING A HEALTHIER MICHIGAN THROUGH EVIDENCE-BASED
PROGRAMS AND PARTNERSHIP**



ENHANCE®FITNESS TRAINER ACADEMY

Congratulations to Michigan's new Enhance®Fitness Trainers. (L-R) Jennifer Nicodemus of the Ann Arbor YMCA, Lesley Kovacs of the Grand Traverse Bay YMCA, and Kymberly Reed of the Carls Family YMCA attended the Trainer Academy held at YUSA with colleagues from around the country.

Our demand for Enhance®Fitness instructors continues to grow throughout Michigan. By expanding our trainer pool, we can offer more instructor trainings across the state to meet this need. Thank you to these new trainers and your YMCAs for your support of the training system and for lending your time and talent to train others.

Continues next page — Enhance®Fitness Trainer Academy

IN THIS ISSUE

Enhance®Fitness Trainer
Academy

Participant Success in YMCA's
Diabetes Prevention Program

Physical Activity: the Arthritis Pain
Reliever

HEPA Standards Highlight

ENJOY THIS ISSUE?

Feel free to share this newsletter
with anyone who you think may
find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact Andi Crawford
Health Innovation Consultant
State Alliance of Michigan YMCAs
acrawford@michiganymca.org

Use the **#MIYMCA** hashtag to
connect your Michigan YMCA
on social networks

Visit the new Michigan State
Alliance of YMCA website
www.michiganymca.org

Enhance®Fitness Instructors and Coordinators:

Find Michigan Enhance®Fitness programs in your area and register for the Annual Conference at:

<http://mihealthyprograms.org/>

Registration for the **Michigan Enhance® Fitness Network Annual Conference** is now open. The meeting is scheduled for **June 16th** at the Lansing Community College West Campus.

Agenda highlights include:

- Refreshing EF Skills - Cardio, Stretching, Strength Training & Balance
- An intro training to musicality/choreography
- Information on protecting participant information
- Chances to network and more!

Please register by June 11th according to instructions on the registration form. There is no meeting registration fee, but registration is required. Light breakfast and lunch will be provided,

SUCCESS IN YMCA'S DIABETES PREVENTION PROGRAM

Allison F., 33, was a varsity tennis player in high school, and while she was always “big”, she was always in shape too. Once she got to college, though, the structure of regular practices and games was lacking and she quickly gained weight.

The next several years brought other challenges: a husband who loves to eat her cooking, a new baby girl, and a move to Louisiana where there was lots of fried food, no sidewalks and no local YMCA. Allison gained A LOT of weight and despaired of ever getting it off.

This past fall Allison and her family returned to Michigan and moved in around the corner from the Ann Arbor YMCA. Allison quickly moved to take matters in hand and signed up for the YMCA's Diabetes Prevention Program.

She says, “I had a firm grasp of ‘calories in/ calories out’, **but without the structure of the group, with its built in support system, I just couldn’t do it on my own.**”



Continues next page

SUCCESS

Continued from previous page

In the YMCA's DPP, we learned to not let a slip become a relapse and to not beat yourself up: instead, we learn about living a **balanced life in which healthy eating and exercise play a big part."**

Recently, Allison bought a skirt "the hemline is above the knees!" for the first time in many years. She smiles, "I'm so excited. I am really going to be able to wear this skirt."

In the past six months Allison has lost 43 pounds and has hopes to lose at least that much again. She knows it won't be easy, but armed with the support of her program friends, new knowledge and a regular exercise routine she is confident that she will succeed.



PHYSICAL ACTIVITY: THE ARTHRITIS PAIN RELIEVER

The YMCA of Metropolitan Lansing is partnering with the Michigan Department of Health and Human Services to promote physical activity as the pain reliever for those with arthritis. YMCAs are distributing materials and referring adults to Enhance®Fitness and other physical activity programs to alleviate arthritis pain. The message is clear: **walk, bike, or swim 30 minutes a day to reduce pain and improve function.**



The campaign is designed to achieve the following goals:

- Raise awareness of physical activity as a way to manage arthritis pain and increase function.
- Increase understanding of how to use physical activity (types and duration) to ease arthritis symptoms and prevent further disability.
- Enhance the confidence of persons with arthritis that they can be physically active.
- Encourage trying new physical activity behaviors.

HEPA HIGHLIGHT: EXPLORE THE STANDARDS

FAMILY STYLE SERVICE:

Children serve themselves (family style) all food and beverages from common bowls and pitchers with limited help. Staff sit with children during snacks and mealtimes.

WHY?

- Family-style meal service creates a healthy eating environment because it allows children to respond to their individual hunger and fullness cues. ([Institute of Medicine](#))
- Family-style dining teaches children about appropriate serving sizes and gives them a chance to explore new foods. ([Nemours Health & Prevention Services](#))
- Active participation through family-style meal service helps children learn and practice important skills like passing and serving food and drinks, table manners, preparing for meals, and cleaning up. ([Nemours Health & Prevention Services](#))

YUSA HEALTHY LIVING STRATEGIC PLAN

IMPROVING THE NATION'S HEALTH AND WELL-BEING

- PREVENTING AND MANAGING CHRONIC CONDITIONS INCLUDING YOUTH AND ADULT OBESITY
- ADDRESSING THE NEEDS OF AN AGING POPULATION
- ADDRESSING HEALTH INEQUITY AMONG PEOPLE OF DIFFERENT POPULATIONS

GET CONNECTED
WITH MONTHLY
NETWORK CALLS!

YMCA'S DIABETES
PREVENTION
PROGRAM
COORDINATORS CALL
MAY 14TH 10:00AM

ENHANCE®FITNESS
COORDINATORS CALL
MAY 14TH 1:00PM

WHETHER YOUR
YMCA IS IN THE
PLANNING PHASES
OR WELL INTO
DELIVERY, WE CAN
ALL LEARN
TOGETHER.

CALL IN:

(866)554-8472

PASSWORD

4410595828

