

BUILDING A HEALTHIER MICHIGAN



State Alliance of Michigan YMCAs

www.michiganymca.org

#MIYMCA

THE LATEST INFORMATION ON EVIDENCE-BASED PROGRAMS AND PARTNERSHIPS



SEPTEMBER IS FALLS PREVENTION MONTH

MOVING FOR BETTER BALANCE

Moving For Better Balance offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance.

Moving For Better Balance is a group program that focuses on improving functional ability, especially balance, to reduce fall-related risks and fall frequency. The program uses eight forms that have been derived from the traditional 24-form Yang-style of Tai Chi, and progresses from easy to more difficult.

Tai Chi is an ancient Chinese exercise system consisting of slow,

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ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

Contact Jennifer Nicodemus
Chronic Disease Prevention Coordinator at the Ann Arbor YMCA
jnicodemus@annarborymca.org
734-661-8043

- Use the **#MIYMCA** hashtag to connect your Michigan YMCA on social networks
- Visit the new State Alliance of Michigan YMCAs website:
www.michiganymca.org

relaxed movements that combine physical exercise with a meditation component. Studies suggest that Tai Chi may improve balance, reduce fear of falling, increase strength, functional mobility, flexibility, increase psychological well-being, and reduce fall rates.

Essential features of Tai Chi are slow and gentle movements that emphasize multi-directional weight shifting, body alignment, and coordinated movement of the arms, legs, and torso. Tai Chi challenges limitations in balance and gait and addresses these limitations through a set of controlled, progressively designed exercises. Tai Chi is safe, effective and needs no equipment.

Participants in Moving For Better Balance may experience health benefits including improved sleep quality, reduced blood pressure, and social development creating a sense of overall well-being and leading to a more independent lifestyle.

When combined with standard treatment, Moving For Better Balance may help alleviate the symptoms associated with other chronic diseases and conditions. Classes are designed to provide participants with opportunities to interact with one another creating an important support system, a stronger community, and supporting the participant's overall health goals and well-being.

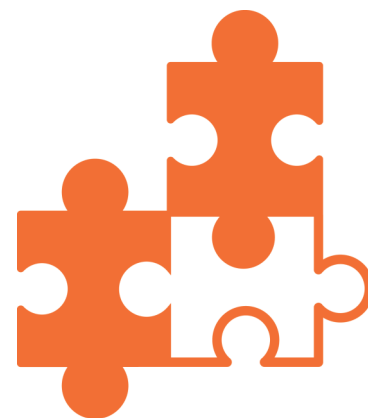
Participants in the program may experience

- A decrease in blood pressure
- Improved mental and physical well-being
- Improved sleep quality
- Improved cardiovascular and respiratory function
- Improved physical performance
- Improved social-emotional wellness

Michigan is lucky to have two trainers available to help you prepare for this program. For more information about future trainings please contact Diane Carr at 734-661-8056 or dcarr@annarborymca.org.

UPCOMING EVENTS

- Enhance® Fitness Training in Marquette on August 20th
- MHEF Grant Work Meeting
Tuesday, August 25th - 9:30am to 3pm
Sherman Lake YMCA, Augusta, MI
- West Michigan Regional Training Event
August 24th to November 15th
10% discount on class fees if registered before 8/31
- Enhance® Fitness Training in Grand Rapids on October 1st & 2nd
- LIVESTRONG® at the YMCA Blended Training in Grand Rapids beginning September 23rd



TIPS FOR TEAMING UP WITH HEALTHCARE PROVIDERS

- Introductions are powerful!
Ask your Y Board of Directors and senior leadership to introduce you to their contacts in the healthcare community via email, phone, or ideally, in person.
- Use your Community Advisory Board (CAB) to initiate introductions in the physician community on an on-going basis.
- Determine which healthcare practices and providers in your community will be the best sources of referrals for your program. Plan to engage those initially.
- Find a "champion": someone who will provide contacts and introductions to his/her peers. Ask this person to get on the agenda of a healthcare provider meeting.

DROWNING IS PREVENTABLE

SAFETY AROUND WATER

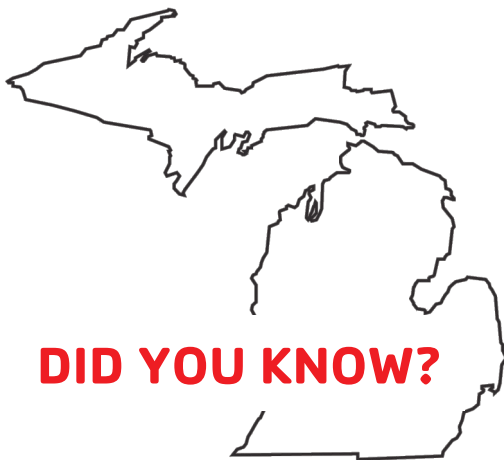
Through the Safety Around Water program, the Y helps prevent drowning. Three children die every day as a result of drowning. Drowning is the leading cause of death for children ages 1 to 4. It is the second leading cause of death for children ages 5 to 14. As an organization dedicated to creating safe spaces for all, the Y has an opportunity to make a difference.

The program builds upon individual skills to create two core skill sequences to help children be safe in and around water: 'jump-push-turn-grab' and 'swim-float-swim'.



Jump, push, turn, grab. In this skill sequence, a child jumps into the water, pushes off the bottom, turns around to face the wall, grabs the wall, and safely exits the pool. The sequence simulates the experience children have if they are submerged in water unexpectedly. After learning the sequence, children have the skills to get back to the side of the pool or to safety.

Swim, float, swim. In this skill sequence, children swim a short distance on their front, turn to their back to float, then turn to their front to continue swimming, if they are able. Children may choose to stay in a back float. Rolling onto their back periodically allows them to rest and breathe. The sequence helps children stay afloat until someone arrives to help them or they are able to get to safety using the combined skills.



- In Michigan we are never more than 6 miles from a lake or a stream
- We have more than 38,500 square miles of Great Lake water
- We have 11,000 inland lakes
- We have 36,000 miles of streams
- Anywhere in Michigan, you are within 85 miles of one of the Great Lakes

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FOOD & FUN

Key Messages for Parents - kids and physical activity:

- Kids need 1 hour or more of physical activity every day, all at once or spread out in 10–15 minute periods.
- Active families have fun and feel more energetic.
- Physically active bodies are healthy and strong.
- Getting regular physical activity and plan active family time. Kids with active families are more likely to stay active as adults.



PROGRAM TESTIMONIALS

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 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. In the [YMCA’s Diabetes Prevention Program], 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 ten months Allison has lost 52 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.

WE WANT TO HEAR YOUR STORIES:

If you have a testimonial please send it to jnicodemus@annarborymca.org to be included in next months newsletter.

GET CONNECTED!

Join our monthly network calls:

YMCA Diabetes Prevention Program

Coordinators call: 1st Thursday of the month at 10:00am

Enhance®Fitness

Coordinators call: 1st Thursday of the month at 1:00pm

Whether your YMCA is in the planning phase for these program or well into delivery, we can all learn together. Connect with colleagues across Michigan, State Alliance Leadership, and Y-USA support staff.

Call in information:

(866)554-8472

Password: 4410595282

Y-USA HEALTHY LIVING STRATEGIC PLAN

IMPROVING THE NATION’S HEALTH & WELL-BEING

- Preventing and managing chronic conditions including youth and adult obesity
- Addressing the needs of an aging population
- Addressing the health inequity among people of different populations

