



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXERCISE AS MEDICINE

## Healthy Living Programs STATE ALLIANCE OF MICHIGAN YMCAS

At every age and every level of activity, you'll find people just like you looking to live a little bit healthier. Y's across the state offer classes and programs for those facing chronic disease, joint and injury rehabilitation, cancer wellness, and more in the hopes of improving quality of life in a community setting.

### Blood Pressure Management Program

Self-monitoring is the first step in managing high blood pressure and medications. Participants in this program will attend bi-monthly office visits, and monthly nutrition education seminars. Heart Healthy Ambassadors will provide support and encouragement to help encourage this new lifestyle change.

#### Program Snap Shot:

- Four month self-monitoring program
- Participants must be 18yrs or older and diagnosed with high blood pressure
- Discounted blood pressure monitors available

#### YMCAs offering this program:

Ann Arbor YMCA  
Bay Area Family YMCA  
Cadillac Area YMCA  
YMCA of Greater Flint  
YMCA of Lenawee County  
YMCA of Metropolitan Detroit  
YMCA of Metropolitan Lansing

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### Enhance@Fitness

Arthritis exercise takes on a whole new meaning in this lively exercise class. Interactive instructors will lead you through a variety of aerobic, strength and balance exercises to help you reach your goals. Exercise modifications make this the perfect class for participants of all fitness levels and physical abilities.

#### Program Snap Shot:

- Exercise based program
- Three 1-hour classes each week
- Can be done while seated or standing
- Proven to help joint mobility, balance, flexibility

#### YMCAs offering this program:

Ann Arbor YMCA  
Bay Area Family YMCA  
Benton Harbor-St. Joseph YMCA  
Grand Traverse Bay YMCA  
Jackson YMCA  
Monroe Family YMCA  
Muskegon YMCA  
YMCA of Barry County  
YMCA of Greater Grand Rapids  
YMCA of Lenawee County  
YMCA of Marquette County  
YMCA of Metropolitan Detroit  
YMCA of Metropolitan Lansing  
YMCA of Saginaw  
YMCA of the Blue Water Area

## LIVESTRONG® at the YMCA

Everyone has a different cancer journey and participants come to the program with different physical challenges and lifestyle goals. Instructors focus on the whole person, not the disease, and use traditional exercise methods to ease survivors back into fitness. Participants can expect to improve muscular strength, cardiovascular endurance, flexibility while also improving confidence and self esteem.

### Program Snap Shot:

- Free exercise based program
- Two 75-minute classes per week
- Participants must be 18yrs or older
- Individualized program targeting areas that participants need to rebuild

### YMCAs offering this program:

Ann Arbor YMCA  
Benton Harbor-St. Joseph YMCA  
Greater Marinette-Menominee YMCA  
Monroe Family YMCA  
Niles-Buchanan YMCA  
YMCA of Greater Grand Rapids  
YMCA of Greater Kalamazoo  
YMCA of Marquette County  
YMCA of Metropolitan Lansing

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## Moving for Better Balance

This fall-prevention program helps participants improve their balance, coordination, and functional abilities. Based on the principles and movements of Yang-style Tai Chi, this program is ideal for those at risk for falling including, but not limited to: older adults, cancer and stroke survivors, and individuals with Parkinson's disease or those with joint replacements. Classes are progressive, so attendance is important.

### Program Snap Shot:

- Exercise based program
- Three 45 minute classes each week
- Can be done while seated or standing
- Proven reduce the risk of falling and fall frequency

### YMCAs offering this program:

Ann Arbor YMCA  
Bay Area Family YMCA  
YMCA of Barry County  
YMCA of Greater Flint  
YMCA of Greater Kalamazoo  
YMCA of Marquette County  
YMCA of Metro Detroit  
YMCA of Saginaw

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## YMCA's Diabetes Prevention Program

More than a weight loss program, the YMCA's Diabetes Prevention Program is a lifestyle change program. With a Lifestyle Coach's help you will take control of your health by making small changes over time to reduce your chances of developing type 2 diabetes. Gain perspective and support from fellow participants while sharing ideas on how to overcome barriers, reduce stress, and find ways to be more active.

### Program Snap Shot:

- Classroom based program
- 24 classes over a 12 month period
- Participants must be 18yrs or older and have a BMI of 25 or higher
- Diagnosis of prediabetes via A1c, Fasting plasma glucose, etc is encouraged

### YMCAs offering this program:

Ann Arbor YMCA  
Bay Area Family YMCA  
Benton Harbor-St. Joseph YMCA  
Monroe Family YMCA  
Muskegon YMCA  
YMCA of Greater Grand Rapids  
YMCA of Greater Kalamazoo  
YMCA of Lenawee County  
YMCA of Marquette County  
YMCA of Metro Lansing  
YMCA of the Blue Water Area

**YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**