



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
Monroe Family YMCA
Muskegon YMCA
YMCA of Greater Grand Rapids
YMCA of Greater Flint
YMCA of Greater Kalamazoo
YMCA of Lenawee County
YMCA of Metropolitan Detroit
YMCA of Metropolitan Lansing
YMCA of Saginaw

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
Grand Traverse Bay YMCA
Jackson YMCA
Monroe Family YMCA
Muskegon YMCA
Shiawassee Family YMCA
Tri-Cities Family YMCA
YMCA of:
Barry County
Greater Grand Rapids
Greater Kalamazoo
Lenawee County
Marquette County
Metropolitan Detroit
Metropolitan Lansing
Saginaw
Southwest Michigan
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 90-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
Greater Marinette-Menominee YMCA
Monroe Family YMCA
Muskegon YMCA
Sherman Lake YMCA and Outdoor Center
YMCA of Greater Grand Rapids
YMCA of Greater Kalamazoo
YMCA of Lenawee County
YMCA of Marquette County
YMCA of Metropolitan Detroit
YMCA of Metropolitan Lansing
YMCA of Saginaw
YMCA of Southwest Michigan
YMCA of the Blue Water Area

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 1-hour 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
Shiawassee Family YMCA
YMCA of Barry County
YMCA of Greater Flint
YMCA of Greater Kalamazoo
YMCA of Lenawee County
YMCA of Marquette County
YMCA of Metropolitan Detroit
YMCA of Saginaw

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, or gestational diabetes is preferred

YMCAs offering this program:

Ann Arbor YMCA
Bay Area Family 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 Metropolitan Lansing
YMCA of Saginaw
YMCA of Southwest Michigan
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.