



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Chronic Disease Prevention and Management

YMCA OF NORTHWEST NORTH CAROLINA

The YMCA of Northwest NC is committed to helping you and your loved ones on your health journey, as well as your fitness journey. We offer evidence-based health programs focused on chronic disease, healthy aging, cancer wellness, strength and nutrition, offering opportunities to create healthier individuals and a healthier community. For more information please contact: Karen Bartoletti at k.bartoletti@ymcanwnc.org or visit www.ymcanwnc.org

YMCA's Diabetes Prevention Program

More than a weight-loss program, the YMCA's Diabetes Prevention Program focuses on lifestyle change. With the support of a Lifestyle Coach, you can make small, measurable changes that can reduce your risk of 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.

- Can reduce the number of new cases of type 2 diabetes by as much as 58% and by 71% among adults aged 60 years and older.
- Impact can last for years. Research has found that even after 10 years, people who completed a diabetes prevention lifestyle change program are one third less likely to develop type 2 diabetes.

Program Snapshot:

- Classroom-based program
- Twenty-five classes over a 12-month period
- Participants must be 18 years or older and have a BMI of 25 or higher
- Diagnosis of prediabetes or qualifying A1c/fasting plasma glucose

Enhance® Fitness

Arthritis exercise takes on a whole new meaning in this lively exercise class, which meets three times a week, for 4 months. Interactive instructors lead you a variety of aerobic, strength, and balance exercises to help participants reach your goals. Exercise modifications make this the perfect class for participants of all fitness levels and physical abilities which can be done seated or standing. Research has shown that among older adults who participate in this program, health care costs were lowered by close to \$1,000 and 9 out of 10 people stay with the program. Participants reported reduced levels of depression and 99 percent say they would recommend this program to a friend.

Program Snapshot:

- Proven to help joint mobility, balance, and flexibility
- Exercises are dynamic, but can always be modified for individual participants
- Class meets three times per week and focuses on flexibility, strength and movements
- Fitness assessments at beginning of program and every 4 months

LIVESTRONG® at the YMCA

Everyone has a different cancer journey and this program was developed to help cancer survivors find their “new normal” physically and emotionally. Instructors focus on the whole person, not the disease, through physical activity to ease survivors back into fitness. Participants can expect improved muscular strength, cardiovascular endurance, and flexibility, all supported in a group setting.

Program Snapshot:

- Free exercise-based program
- Two 90-minute classes per week, for 12 weeks
- Individualized program targeting areas that participants need to rebuild
- Participants must be 18 years or older, and must be cleared by physician to participate

Blood Pressure Self Monitoring

High blood pressure, which makes the heart work harder than it should with each beat, is especially dangerous because it often has no warning signs and usually lasts a lifetime once it develops. The simple process of checking and recording blood pressure at least twice a month has been shown to lower blood pressure in many people with high blood pressure. This evidence-based program is designed to help participants gain greater control over their high blood pressure and gain a greater understanding of what causes trends.

Program Snapshot:

- Participants work with trained Healthy Heart Ambassadors for the duration of the 4-month program
- Take own blood pressure at least two times per month
- Attend two consultations with YMCA Healthy Heart Ambassador per month
- Nutrition education sessions are held monthly
- Blood pressure cuffs are provided for home use for those who do not have a personal cuff

Moving for Better Balance

This CDC evidence-based falls prevention program uses eight adapted tai-chi forms to improve balance, strength, and confidence. Led by a Moving for Better Balance-trained instructor, this program focuses on improving mental, cognitive, and physical functional ability—especially balance—to reduce fall-related risks and fall frequency.

Program Snapshot:

- Exercise-based program improves balance, cognitive ability
- Two one-hour classes each week for 12 weeks
- Proven to reduce the risk of falling and fall frequency
- Geared towards adults over 45 with a disability or adults over 60

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301 N Main Street, Suite 1900, Winston-Salem NC 27101

P 336 777 8055 F 336 777 6345 www.ymcanwnc.org A United Way Agency

Our Mission: “Helping people reach their God-given potential in spirit, mind and body.”