



# CHRONIC DISEASE MANAGEMENT | YMCA of Northwest North Carolina

**Did you know that the Y is your health partner, offering evidence-based programs for preventing and managing chronic disease?** All programs are open to YMCA members and the community. For more information, please contact [health@ymcanwnc.org](mailto:health@ymcanwnc.org) or visit [ymcanwnc.org/health](http://ymcanwnc.org/health).

## LIVESTRONG® at the YMCA (cancer survivorship)

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.

- No cost, exercise-based program
- Two 90-minute classes per week, for 12 weeks
- Individualized program targeting areas that participants need to rebuild
- Includes YMCA membership for the session's duration
- Participants must be 18 years or older, and must be cleared by physician to participate

Currently offered at all YMCA of NWNC branches except WL

## YMCA's Diabetes Prevention Program

More than a weight-loss program, this 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.

- Small group program focusing on behavior changes to improve health
- Twenty-five classes over a 12-month period
- Participants must be 18 years or older and have a BMI of 25 or higher
- Requires a diagnosis of prediabetes, a qualifying A1c/fasting plasma glucose, or written risk assessment

Currently offered at AC, DV, JL, WGW, WL

## Parkinson's Cycling and Parkinson's PWR! Moves

Our Parkinson's cycling class uses cycling to help Parkinson's patients improve strength and balance.

PWR! Moves is a land-based exercise class designed to maintain/restore skills lost that interfere with everyday movements.

- Weekly exercise classes
- No cost to YMCA members and potential members

Currently offering Cycling at FN, KV, YK and PWR! Moves at SV

## Together with MS (Multiple Sclerosis)

This is a small group exercise class focusing on core skills/exercises needed to improve strength, flexibility and balance in adults with MS.

- Two 90 minute classes, twice per week for six weeks
- Led by a certified instructor

Currently offered at SV

## Healthy Weight and Your Child

This program empowers 7–13 year olds carrying excess weight, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program creates a safe, fun, and active environment for children and their families to explore and adopt proven methods to living a healthier lifestyle.

- 26-session evidence-based program over 4 months
- Made up of groups of 10 to 15 children with their adults
- Child must carry excess weight, with a BMI of the 95th percentile or higher
- Child must receive clearance from a healthcare provider or school nurse to participate

Currently offered at WGW

## Adult Weight Loss Program

This program is designed for adults who are seeking a healthier weight. Key goals of the program are setting personal goals, personal accountability, learning basic nutrition, and being introduced to physical activity options available at the YMCA.

- 12 week classroom-based program
- Led by a trained instructor

Currently offered at JL, ST

## 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. This evidence-based program is designed to help participants gain greater control over their high blood pressure by understanding what causes trends and by learning how to address them.

- 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 personal 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

Currently offered at FN, WL

## Moving for Better Balance (falls prevention)

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.

- 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

Currently offered at DV, ST, WK, YK

AC: Alexander County Family YMCA, DV: Davie Family YMCA, FN: Fulton Family YMCA, JL: Jerry Long Family YMCA, SV: Statesville Family YMCA, ST: Stokes Family YMCA, WK: Wilkes Family YMCA, WGW: William G. White, Jr. Family YMCA, WL: Winston Lake Family YMCA, YK: Yadkin Family YMCA

Visit [ymcanwnc.org/health](https://ymcanwnc.org/health) for more information and for upcoming dates and times or email [health@ymcanwnc.org](mailto:health@ymcanwnc.org).