



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTH, WELL-BEING & FITNESS

## HEALTH INNOVATION

FALL 2017  
SESSION I: Sept. 11-Oct. 29, 2017  
SESSION II: Oct. 30 - Dec. 17, 2017

### OHIOHEALTH DELAY THE DISEASE™ BASIC TO INTERMEDIATE LEVEL

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.  
*Sponsored in part by Marion Community Foundation*

Members: \$10.00  
Program Participant: \$50.00

Basic to intermediate class focuses on balance, core, strength, walking and moderate heart rate elevation.

Monday and Wednesday  
9:40-10:40 AM plus  
Saturday from 9:00 - 10:00 AM in the small pool

### OHIOHEALTH DELAY THE DISEASE ADVANCED TO BOOTCAMP LEVEL

A fitness program designed to empower people with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. Instructor is certified in DTD.

Advanced to boot camp level focuses on balance, core, strength heart rate elevation and high intensity.  
Tuesday & Thursday  
11:30AM -12:15PM plus  
Saturday from 9:00 - 10:00 AM in the small pool

### THE ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is held in the Small pool. The purpose of this class is to help relieve stiffness and pain. We also work to improve strength & range of motion, while also building endurance & flexibility.

*Sponsored in part by Marion Community Foundation*  
Monday, Wednesday & Friday  
10:00-10:45 AM OR  
Tuesday & Thursday  
5:45PM-6:30PM

### YMCA's DIABETES PREVENTION PROGRAM

Diabetes is a serious health condition that can lead to heart disease, stroke, kidney failure, high blood pressure, and blindness. If you have been diagnosed with pre-diabetes, or believe you may be at risk for developing the disease, the **YMCA's Diabetes Prevention program can help you develop a healthier lifestyle and work with you to reduce the risks this condition can pose to your health.** Through the program you will receive support and encouragement from both a trained lifestyle coach and fellow classmates as you develop a plan for improving and maintaining your overall well-being. For more information contact Heather Wright at 740-725-9622 or [hwright@marionfamilyymca.org](mailto:hwright@marionfamilyymca.org).

## SUPERKIDS



For children 9 -14 who are struggling with their weight and wish to form healthier habits.

- Children can start at any time
- Tues. & Thurs. 6:00-7:30 PM
- Tues. - Families/Thurs. Child Only
- 3 Month Program followed by 3 months of follow-up coaching
- Family session includes Nutrition counseling and physical activities

Fee: \$50

Additional children in same family \$35

### NUTRITION COUNSELING

Eating healthy can help you feel better, have more energy & improve your well-being. Sorting through all the information & making a change is difficult. Now the Y can help with our DTR, Registered Diet Technician.

Call Heather Wright to set up your initial nutrition assessment. \$30.00 per hour session

LIVESTRONG® at the Y is a FREE program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment. This program that meets for 1 hour twice a week with certified instructors who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.



Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Support group for cancer survivors

*Register & begin at anytime*

Call for class times  
Pre registration is required  
Contact Heather Wright for more information  
FREE membership for 12 weeks

