



# Healthy Living



At the Y we focus on improving the well-being and quality of life for everyone through specialized health and wellness programs.

## Prescribe the Y

This program was designed through a collaboration of local pediatricians, dietitians and the Y to **help children overcome childhood obesity**. Prescribe the Y provides families the education and support they need to eat nutritiously and be physically active. The structured 12-week program is free and helps youth reach personal health goals, improve performance on physical assessments, and develop life-changing healthy habits.

The Y curriculum was developed by local pediatricians and nutritionists involved in Stay'NHealthy. A doctor network refers children that have a BMI (Body Mass Index) of 80% or higher into the program. Youth and families continue to work together to reach their goals after the 12 weeks and **the Y provides a free year of membership** to those who successfully complete the program. **Last year 120 kids and their parents, went through the program.**

## LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis and/or treatment. The program creates a community among cancer survivors where many participants build a personal network of support and friendship. Participants also learn how to build supportive relationships and reduce stress- leading to an improved quality of life. Participants have full use of the Y while enrolled in the program.

**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## Diabetes Prevention Program

The YMCA's Diabetes Prevention Program (DPP) helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being.

This evidence-based program is endorsed by New Hampshire's Public Health Department and provides a supportive environment where participants work together in small groups, facilitated by a trained YMCA Lifestyle Coach. **The goals are to reduce individual weight by 7% and build up to 150 minutes of moderate physical activity per week.** The program is delivered over a 12-month period, with 16 weekly sessions followed by 8 monthly sessions.

## Every Day Health and Well-being

At the Y, we believe a supportive community is a big part of wellness. That's why we provide over 50 different group exercise programs for our members. These programs not only support physical, intellectual and spiritual strength, but also build a sense of belonging.

The Y offers classes and programs for those dealing with joint and injury rehabilitation, and stress. We also offer health assessments and wellness coaching.

"I support the Y because it is so much more than a fitness center. This valuable community asset provides a learning environment and safe haven for our children; offers member wellness programs to address pressing health concerns like obesity and diabetes prevention; and teaches everyone - young and old - to swim. We must invest in our Y to ensure it is here to support generations to come."

**Michelle Boockoff-Bajdek**