



THE Y IS YOUR PARTNER IN HEALTHY LIVING

The YMCA of Pierce and Kitsap Counties is committed to helping people live their healthiest life. We offer a variety of research-informed, and evidenced-based programs that:



Promote wellness



Reduce risk for disease



Help people reclaim their health

Individuals and families in our programs benefit from compassionate support as they work towards accomplishing their unique health related goals.

At the Y, we serve the **whole person** by providing prevention, management, and health reclamation programs for people at every stage of their wellness journey. We support people to get from where they are to where they want to be.

The YMCA offers a wide variety of services in addition to those outlined in this guide. Please contact us and we will help you get the support you need to improve your health.

WWW.YMCAPKC.ORG

Email:

reclaimyourhealth@ymcapkc.org

Phone:

253-460-8931

Secure Fax:

253-948-1998

MultiCare 

MultiCare Health System and the YMCA of Pierce and Kitsap Counties partner to improve the overall health of our community. With a focus on wellness, nutrition and physical activity, we are committed to offering community-wide tools and services to help you live your healthiest life.

Ask your provider about these programs available through MultiCare YMCA01 EPIC referral.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Health is not a destination. It's a journey of small, sometimes challenging, steps.

The YMCA is here to help.

Chronic Disease Prevention and Management Program Guide
YMCA OF PIERCE AND KITSAP COUNTIES

EVIDENCE-BASED PROGRAMS:

The YMCA is committed to providing access to our programs regardless of financial circumstance. Ask us about insurance options, scholarships, and financial aid. YMCA membership is not required for participation.

YMCA DIABETES PREVENTION PROGRAM Type 2 Diabetes Prevention

- » Helps adults reduce their risk of developing type 2 diabetes.
- » A trained lifestyle coach facilitates discussions with a small group of participants on topics such as healthy eating, physical activity, motivation, and more.
- » Goals are to reduce body weight by 7% and increase physical activity to 150 minutes per week.
- » One-year program consisting of 25 sessions.
- » Qualified participants receive a four-month YMCA membership.

ACT! ACTIVELY CHANGING TOGETHER Childhood and Family Obesity Intervention

- » Helps overweight youth and their families establish healthy eating habits and incorporate physical activity into their daily routines.
- » During sessions parents and guardians participate with their child(ren) in energizing games and activities, learn how to prepare healthy food, and receive support to make healthy lifestyle changes.
- » Program is for youth ages 8-14 who have a high pediatric BMI.
- » 12-week program with one 90 minute session per week.
- » Qualified participants receive a three-month YMCA family membership.

BLOOD PRESSURE SELF-MONITORING Hypertension Management

- » Participants establish routines for monitoring their blood pressure and learn about healthier eating habits.
- » Goals include a reduction in blood pressure; development of new skills to manage blood pressure; ability to identify and control triggers that elevate blood pressure; and more confidence to adopt healthy eating habits.
- » Four-month program with individual healthy heart coaching and monthly nutrition seminars.

ENHANCE FITNESS® Fall Risk Reduction and Arthritis Management

- » Group exercise program that helps adults managing chronic conditions, such as arthritis, to gain strength.
- » Participants learn manageable movements that encourage them to be consistently active.
- » Meets three times weekly for 60 minutes.
- » Enhance Fitness is only available for Y members.

EMPOWERING PREGNANCY AND MOTHERHOOD Pregnancy and Postpartum Wellness

- » Helps pregnant and recently postpartum women have healthy babies through education about physical activity and nutrition.
- » Program is a collaboration with MultiCare's Center for Healthy Equity and Wellness. Email womenforwellness@multicare.org to register.
- » Five-week program with one weekly 90 minute session.
- » Program is for SNAP eligible participants. Qualified participants receive a five week YMCA individual membership.

LIVESTRONG® AT THE YMCA Cancer Survivorship

- » Strength and fitness program for adults living with cancer or beyond cancer treatments.
- » Participants meet with a YMCA-certified instructor to increase flexibility and endurance, build muscle, and improve capacity to perform daily activities.
- » 12-week program with two 90 minute sessions per week.
- » Qualified participants receive a three-month family YMCA membership.

PEDALING FOR PARKINSON'S Parkinson's Management

- » Research conducted at the Cleveland Clinic showed pedaling a bicycle at a consistent RPM over a period time can reduce Parkinson's disease symptoms by as much as 35%.
- » Groups meet on an ongoing basis for 60 minute sessions.

YMCA'S WEIGHT LOSS PROGRAM Weight Management (Evidence Informed Program)

- » A program for adults ages 18 and older focused on sustainable ways to eat healthier, increase physical activity, and lose weight.
- » Participants meet with a trained YMCA instructor in a small supportive group of others working on similar goals.
- » Three-month program with 12 weekly one-hour sessions.



“If you want to live a healthy life, you can. You just have to be mindful of the choices you make. I’m very grateful for the program. It has really changed my life.”

– Georgia M., YMCA Diabetes Prevention Program Participant