



# YMCA HEALTHY LIVING FITNESS NOTES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Welcome to the Altru Family YMCA's Healthy Living Fitness Notes newsletter. This publication is brought to you by the YMCA Healthy Living staff and features timely health and wellness information and updates on our fitness programs and facilities.

JANUARY 2017

Are you ready for a lifestyle change?

## WEIGH 2 CHANGE

**Weigh 2 Change** is a lifestyle intervention program that will help you develop the skills to make lasting changes for weight loss and keep you from developing type 2 diabetes. Part of the National Diabetes Prevention Program, W2C offers you a CDC-approved curriculum and skills to help you lose weight, increase your physical activity, and make healthy life-long choices. You'll learn how to manage fat and calories, make activity a way of life, talk back to negative thoughts, stay motivated, and much more. With the continued support of your lifestyle coach and your peers, you have a great chance of successfully reaching your goals.

Classes meet once per week for 16 weeks, then monthly for 6 months. The curriculum involves tracking food and activity and encourages discussion and problem solving in a fun, non-stressful environment.

If you are interested in more information or in joining our next session, please contact Patti McEnroe or Jen Walsh at the Y.

**Starts January 16**

**Mondays**  
**6:00 - 7:00 pm**  
**Altru Outreach Therapy Room**  
**Altru Family YMCA**

**\$75/Y & Choice Members**  
**\$125 / General Public**  
Scholarship assistance is available.



## "SMART" IN 2017!

### WHAT ARE YOUR RESOLUTIONS?

The new year is just about here! No doubt you have at least one "resolution" for improving your health and happiness in 2017. Plan with realistic goals and optimism for what's ahead. According to the "SMART" method, your goal can be achievable by keeping it ...

- **Specific**
- **Measurable**
- **Accountable**
- **Realistic**
- **Timely**



Whether it is breaking a habit, losing weight, building muscle, preparing for a marathon or something else, a commitment is required by making sure that you: know what you want to achieve; how you are going to measure your success; who you are accountable to; when you plan on reaching your goal; and whether the goal is something within your ability.



## TAKE THE CHALLENGE!

**Winter Indoor Triathlon**  
**Saturday, March 4, 2017**

Anyone can do it, so start training now! Swim, bike and run in the comfort of the YMCA! Registration is open and includes tips on training for your tri. Finisher prizes, door prizes and t-shirts will be awarded. Flyers are available by Member Services.

Did you know...

### Health Effects of Excess Body Fat

Being overweight can increase the risk of diabetes, heart disease, stroke, high blood pressure, sleep apnea, gall stones, and many types of cancer. Added strain on joints, back and legs can exacerbate conditions such as arthritis and increase the risk of joint replacement surgery.

# ACHIEVING A HEALTHY WEIGHT

## LONG-TERM SUCCESS IS POSSIBLE!

We are all aware that being overweight can cause many health problems. If you suspect that your weight is holding you back from doing things you want to do, or if you are concerned that your weight is putting you at risk for heart disease, type 2 diabetes, or other health problems, it is time to do something about it. In addition, being underweight can cause significant health problems as well.



## DO YOU NEED TO LOSE WEIGHT?

*Determining a healthy weight means you are finding out if you have the right amount of body fat in relation to your overall body mass.*

### BODY MASS INDEX (BMI)

BMI is a tool that uses weight & height to estimate body fat. Keep in mind that BMI values can be misleading (muscle weighs more than fat, causing certain physically fit people to have high BMIs even though they have low body fat).

### WAIST CIRCUMFERENCE

Where you carry your weight is also an indicator of certain health risks. Excess fat around the abdomen can increase your risk of disease.

### MEDICAL HISTORY

Personal and family histories should be taken into consideration when evaluating your health risks. Other health conditions you may have should also be discussed with your doctor.



### CONSIDER PERSONAL FITNESS TRAINING

If you need an extra boost and some fabulous expertise to help you reach your goals, personal fitness training is an optimal choice for you. The investment in your health and well-being is worth it! Check out a Y personal fitness training brochure for details.

## THE FUNDAMENTALS OF WEIGHT MANAGEMENT

*Healthy eating can include delicious meals and your favorite foods!*

### CALORIES COUNT

Calories in foods provide the energy we need to live. When we exercise we burn more calories. To lose weight, more energy needs to be expended than calories taken in.

### CHOOSE HEALTHY CALORIES

Choosing healthy, nutrient-dense calories allows us to eat well and feel satisfied. Eating a diet that includes plenty of vegetables, fruits and whole grains can help us eat less high fat and high sugar foods. Avoiding empty calories like candy and alcohol can dramatically cut calorie intake, making room for more nutritious foods.

### HABITS

Habits such as eating while watching TV or working on the computer can be changed. It takes effort, but working on changing the habits that lead to unhealthy behavior is worth it.

### PHYSICAL ACTIVITY

Staying physically active is easier than some people think. Any physical movement is good: housework, outdoor projects, walking, dancing, etc. Group fitness classes are great choices to keep you motivated and encouraged. If you prefer to go solo, the fitness center is stocked with amazing cardio and weight options. Walking and lap swimming are also very good choices. Check the pool schedule for lap times.



## Take the ZUMBA CHALLENGE

Win participation prizes and have fun! All you need to do is keep track of your attendance. You'll also earn points by bringing a friend. You'll keep track of your points prizes will be awarded to top points earners. For more information, see the posted instructions and visit with Steph, Casey or Adriana! Free passes are available for you to give to friends who would like to try the class.

