



HEALTH & WELLNESS

HEALTHY INTERVENTION PROGRAMS

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STAFF CONTACT

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COVID-19 INFORMATION

- Please monitor for symptoms of COVID-19. You should stay home if any symptoms are observed.
- Anyone 5 years and older are required to wear a mask at the YMCA. This includes in all Group Exercise Classes and in the Wellness Center. Exemptions include but are not limited to; individuals who have difficulty breathing, medical conditions that prevent wearing a face covering, sensory sensitivities, developmental disabilities or when eating or drinking.
- Enhanced cleaning and disinfecting procedures are in place. All equipment and touchpoints will be disinfected regularly and after closing.

DIABETES MANAGEMENT PROGRAM (AGES 18 YEARS & UP)

This is an evidence-based, 12-week exercise program specifically designed to help you manage type 2 diabetes. The program will consist of 1-on-1 work with a trainer, and independent work. The program consists of a combination of aerobic exercises, resistance and flexibility exercises and strength training. This particular combination and dose of exercises has been shown to be a very effective way to improve overall health, increase insulin sensitivity, and decrease long-term effects of diabetes among participants.

Location: Wellness Center

Cost: Free (This program is funded by United Way of Portage County)

For more information about the Diabetes Management program, please contact Andy Molski.

LIVESTRONG® AT THE YMCA (AGES 18 YEARS & UP)

This free 12-week exercise based program is designed for cancer survivors who have become de-conditioned and fatigued from their treatment and/or disease. The Y will empower you to improve your energy level and self-esteem, build muscle mass and strength, increase flexibility and endurance, and improve your ability to do everyday tasks.

Location: Wellness Center

Cost: Free (This program is funded by United Way of Portage County)

For more information, please contact Amy Fox.

PREMIUM CONSULT

Are you looking to improve the way you move, maximize your workouts, and stay injury free? Our experienced trainers will work with you to identify your goals and will provide you with a structured program that is designed specifically for you. You will be assessed through a detailed movement screen to identify movement imbalances that may contribute to aches, pains and decreased performance. Sign up today to get moving and feeling your absolute best. Two 30-minute sessions.

Y Member: \$66

General Public: \$135

**TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA
Partnership with Advanced Physical Therapy Associates and Ascension**

****Referral Based Only****

After completing therapy, individuals may benefit from an independent exercise program in the supportive environment of the Stevens Point Area YMCA. A certified personal trainer will contact you to set up an initial consult and training/rehab plan after consultation with your clinician. The training/rehab plan will then be carried out by a Wellness Center staff attendant. Appointments must be scheduled for the same time each week. You will be granted access to the Stevens Point Area YMCA for 4 weeks.

Y Members: \$60 (Financial Assistance Available)

General Public: \$160

Please have your clinician contact Andy Molski.

FREE INJURY ASSESSMENT (AGES 12 YEARS & UP)

Partnered with Advanced Physical Therapy Associates

Physical Therapy Associates has been serving the YMCA since 1999. Physical Therapists or Physical Therapist Assistants are available in the Wellness Center to assess your new or nagging injuries and to help you choose the appropriate exercises. No appointment is needed; first come, first served.

Wednesday - 9:00AM-9:30AM, Teresa Timerman, PT.

If this time is inconvenient for you, please contact Advanced Physical Therapy Associates at 715.345.2126. They will try to accommodate your schedule with a 15-minute injury screening at their North or South location.

YMCA'S WORKPLACE WELLNESS PARTNERSHIP

Happier and healthier workers are an asset to any business. It is a fact that healthy employees are more productive, have lower stress, miss less work and have fewer medical claims. The Y has the expertise to help you develop a stronger, more vibrant and productive workforce. We can offer your company employee memberships, on-site fitness assessments, Lunch and Learns, wellness challenges, group fitness classes, stress management and much more.

For more information, please contact the Member Services Desk at 715.342.2980