



HEALTH & WELLNESS

HEALTHY INTERVENTION PROGRAMS

UPDATED: August 10, 2021



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.
- Participants 5 -11 years old and non-vaccinated individuals **are strongly advised to always wear a facemask in our facility in all locations.**
- 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 combination and dose of exercises has been shown to be a highly 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.

MS/PARKINSONS WATER EXERCISE PROGRAM (AGES 18 YEARS & UP)

This free water exercise-based program is designed for people with mobility issues related to MS, Parkinsons, or other reasons. The class will meet once a week on Mondays in the pool for gentle exercise to help with mobility.

Location: Adventure Pool

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

For more information, please contact Amy Fox.

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.

SOLE TO SOUL EXERCISE PROGRAM (AGES 18 YEARS & UP)

The YMCA Sole to Soul Program was designed to create an opportunity for individuals struggling with stress, depression, and anxiety to find support and hope through health, wellness, and exercise. The program provides YMCA Wellness Coaches to assist with creating a personalized plan that is designed to alleviate the symptoms of depression, stress and anxiety through exercise.

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

Referral is required from medical provider.

For more information, please contact Andy Molski or 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

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

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, Head Personal Trainer, **P** 715.952.9379 **E** amolski@spymca.org