

# BENEFIT FROM GOOD HEALTH



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TAMPA BAY AREA YMCAs

110 E. Oak Ave., Tampa

January 2016

ymcatampabay.org

KEEPING YOU IN THE LOOP ON HOW TO STAY HEALTHY AT THE WORKPLACE

## WE'RE YOUR PLACE FOR CORPORATE WELLNESS



During the holidays, many of us let go of our healthy lifestyles. The reasons vary but usually it comes down to traveling, having guests, scheduling, and hearty cooking. Here are some tips to keeping up with your 2016 New Year's Resolutions:

1. **Think about resolutions early**– take some time to discover what changes will need to be made to your lifestyle in order to have success in your resolutions
2. **Create SMART goals**– goals can't just be BHAG (big hairy audacious goals) without any understanding of what it will take to be successful. Goals should be specific, measurable, achievable, realistic, and time-oriented. In other words if your goal is to lose weight– fill in the following sentence: In an effort to lose \_\_\_pounds by \_\_\_date, I will trim \_\_\_number of calories from my daily diet and start \_\_\_\_\_activity to increase physical activity.
3. **Create a network of support**– Include your family and friends in your resolutions so they can provide support. If weight loss is your resolution, be sure to have input into the grocery list and menu planning.
4. **Connect virtually**– With so many of us having Smart Phones, App creators have created thousands of health related apps, from calorie counters, to meditations, to better understanding our sleep patterns. Find an app that can support your efforts
5. **Know your triggers**– All of us have triggers, things that make us behave the way we always have. When a person is trying to change their lifestyle, it is important to understand what your triggers are so you can effectively prepare for how you will handle dealing with a trigger after you have started your change plan
6. **Make a connection**—Find a group of people in your community who are trying to make similar changes and join an activity together. If you are trying to exercise more, join a gym with a friend or two. If you currently belong to a gym, start attending a group ex class regularly. This type of planned activity will help people stay accountable to their goals.

### UPCOMING EVENTS

#### January Membership Campaigns January 1-31

Throughout the month of January each association is providing specials for new members

**Suncoast YMCA** (northern Pinellas, East Pasco, Citrus and Hernando) will offer a waived join fee\*

**St. Petersburg YMCA** (St. Pete, Largo, Seminole, Pinellas Park) will offer a waived join fee\*

**Tampa Metropolitan YMCA** (Hillsborough and East Pasco) will offer a waived join fee\* and 1/2 off January dues.

\*Corporate partner members receive a waived join fee and 10% off monthly membership every month throughout the year

#### Webinar: Effective Weight Loss Jan. 21 | Noon-1 p.m.

This is a free webinar for all employees working for one of our corporate partners. If you are interested in registering, please click on the following link:

#### Treadmill Tuesday Feb. 9 | 7 a.m.–7 p.m.

**In celebration of Heart Health Month**, come in to any branch in Hillsborough and East Pasco Counties and run, jog, or walk on a treadmill for 30 minutes. Log your miles with the #TreadmillTuesday coordinator and help us beat the Jacksonville YMCA in number of miles logged that day. **See page 4 for further details**

# NEED A REASON TO GET INVOLVED WITH THE YMCA?

## 6 REASONS TO START AN EXERCISE JOURNEY THIS YEAR

1. **Exercise can help with weight loss**– We all know that being physically active can help a person burn calories –but did you know more efficient calorie burning happens throughout the day and not just during the activity? People who exercise regularly tend to have an easier time losing weight or controlling their weight
2. **Exercise combats the development and/or worsening of some conditions and diseases**– No matter what your current weight, being active boosts high-density lipoprotein (HDL), or "good," cholesterol and decreases unhealthy triglycerides. This combination keeps blood flowing and decreases the risk of cardiovascular disease.
3. **Exercise improves mood**– Study after study confirms the direct relationship between exercise and increased feel-good hormones
4. **Exercise boosts energy**– Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system work more efficiently. And when your heart and lungs work more efficiently, you have more energy to go about your daily chores
5. **Exercise promotes more healthful sleep**– Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to fall asleep.
6. **Exercise can be fun**– Exercise can help you connect with other people, one of the rudimentary ways most of us can manage stress. It can also connect us to competition and help us to be part of something greater than ourselves.



## 9 YMCA PROGRAMS THAT OUR MEMBERS LOVE!

**Youth Sports (ages 3– and up)**– All of our YMCAs have programming in a variety of sports including basketball, soccer, baseball any more. All sports have competitive and non-competitive programming depending on age of participant.

**Diabetes Prevention Program**– Learn more about this program on page 4.

**Les Mills Group Exercise Classes**– The Tampa Bay Area YMCAs offer all types of Les Mills group exercise programming including BodyPump, BodyFlow, CXWORX and more. Contact your local branch to get a schedule of times each class is offered.

**Swim Lessons**– We offer adult and child swim lessons both as groups and one-on-one. With Florida having one of the highest drowning rates in the country it is important that all residents learn how to swim.

**LIVESTRONG at the YMCA!** A FREE program for any community member who is living with Cancer or currently in remission. This is a 12-week program offered to both the patient and their family members that includes weekly support and educational meetings along with a 3-month membership to the YMCA.

**Teen Achievement**– This program is offered through the Tampa Metropolitan YMCAs and is an effort to assist at-risk youth with leadership opportunities, job skills training, and character development

**Parents' Night Out**– Babysitting services for parents of children 4 and older. Drop the kids off at a YMCA and enjoy an evening out for a small fee.

**Silver Sneakers**– A program dedicated to our 62+ crowd. Our silver sneakers membership base gathers for social events, enjoys morning coffee together and has group exercise classes dedicated the needs of active older adults.

**Holiday Camps**– Looking for child care on a day when school is out, but work is not? Contact on our 27 branches to hear what types of camps they have during Thanksgiving, Christmas, and other school vacation day.

[www.tampabayymca.org](http://www.tampabayymca.org)

## TREADMILL TUESDAY!

**On Feb. 9** the Tampa Metropolitan Area YMCAs (locations in Hillsborough and East Pasco counties) will be launching their first annual #TREAMILLTUESDAY event. This is a contest between the Tampa Metropolitan Area YMCA and the First Coast YMCA of Jacksonville.

Jump on a treadmill either at a participating YMCA location (Hillsborough and East Pasco locations) or another facility or even your home for 30 minutes and record the number of miles you can either walk, jog, or run.

If you log your miles outside of a participating locations, please take a picture of the treadmill dashboard and put #TREADMILLTUESDAY @ TAMPA METROPOLITAN AREA YMCA

The first 500 participants to log their miles will receive a participation gift and the top 3 (participants who log the most miles will get prizes. All participants will be entered into a raffle for a chance to win fitness related prizes.

Join us for a day dedicated to increasing physical activity and decreasing the risk of cardiovascular disease. For more information please contact your local branch or email Michelle George at [mgeorge@tampaymca.org](mailto:mgeorge@tampaymca.org)



## KUDOS TO OUR CORPORATE PARTNER!

### BISK EDUCATION

The Bisk Education benefits and wellness manager, Wendy Vera, has been working with the Tampa Bay Area YMCAs to deliver a variety of programs for her employees including Zumba, Yoga, Circuit Training, and Cardio Kick-boxing classes on-site.



"The Bisk wellness program, better known as Healthy U, was launched at end of 2011. The program focuses on health awareness and creating opportunities for employees to participate in activities that impact their well-being and overall way of life. Over the past four years, Bisk has partnered with the Y on a variety of programs.

At first, only offering employees a membership discount through the Y and then growing the program with onsite seminars to inform employees on the importance of nutrition, sleep, and stress management. One of our most popular programs offered by the Y are the onsite fitness classes. Our most recent boot camp program was a huge hit! It's great for employees to have access to a trainer in a group environment.

Overtime, the Healthy U program has positively impacted the culture at Bisk and our employees look forward to hearing about the new activities and events planned throughout the year! "

~ Wendy Vera, benefits and wellness manager

Being a corporate partner allows companies that meet certain conditions to offer their employees a waived join fee and 10% off monthly membership fees.

At Bisk Education it is clear that wellness is a priority and through their Healthy U program employees have a variety of options to help them meet their health and wellness goals.

# DIABETES PREVENTION PROGRAM

The Tampa Bay Area YMCAs are encouraging residents to learn their risks for prediabetes and type 2 diabetes, and to take preventive steps to potentially reduce their chances of developing the disease. The YMCA's Diabetes Prevention Program is a lifestyle modification program that helps people reduce their risk for type 2 diabetes. Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives.

This evidence-based program is a year-long healthy lifestyle change program consisting of 16 weekly sessions, 3 sessions meeting every other week and ending with 6 monthly sessions.

The program will teach participants diabetes prevention tips, strategies for healthier eating, how to increase physical activity, and other behavioral changes that can prevent or delay the onset of type 2 diabetes.

The program is a part of the Centers for Disease Control (CDC) and Prevention's National Diabetes Prevention Program. It's based on the National Institutes of Health-led, CDC-supported, Diabetes Prevention Program study that showed that losing a moderate amount of weight and increasing physical activity reduces the number of cases of type 2 diabetes by 58 percent.

Programs like the YMCA's Diabetes Prevention Program, which are designed to improve health outcomes, can help prevent these costs. For a typical population of 100 high-risk adults aged 50 and older, the following results might be expected over three years:

- Prevent 15 new cases of type 2 diabetes.
- Prevent 162 missed work days.
- Avoid the need for blood pressure or cholesterol drugs in 11 people.
- Add the equivalent of 20 years of good health.
- Avoid \$91,400 in health care costs.

Are you at risk? Take a Risk Assessment Quiz by visiting <http://www.ymca.net/diabetes-prevention/risk.html>

**58% OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE YMCA'S DIABETES PREVENTION PROGRAM**

## Tampa Metropolitan Area YMCA Classes

South Tampa YMCA – Wednesdays, 6pm starting Jan. 13

Campo Family YMCA – Wednesdays, 6pm starting Jan. 13

Bob Sierra Family YMCA – Tuesdays, 6:30pm starting Jan. 19

Northwest YMCA – Wednesdays 6:30pm starting Jan. 20

To enroll, please email Bridget Piephoff  
[bpiephoff@tampaymca.org](mailto:bpiephoff@tampaymca.org)

## Suncoast YMCA Classes

Mease Dunedin Hospital: Thursdays, 6pm starting Jan. 14

Hernando County YMCA: Thursdays, 5:30pm, Jan. 14

James P. Gills Family YMCA: Thursdays, 6:30pm starting Jan. 21

Greater Palm Harbor YMCA: Saturdays, 10am, starting Feb. 13

## St. Petersburg YMCA Classes

St. Anthony's Hospital - LifeHelp Center 1st Floor: Thursdays, 5pm, starting Jan. 21

St. Anthony's Hospital - LifeHelp Center 1st Floor : Mondays, 1pm, starting Jan. 25

Florida Blue Retail Center -Pinellas Park Mall: Mondays, 1130am, starting Feb. 8

\*do not need Florida Blue insurance to participate

Bardmoor YMCA: Wednesdays, 7pm, starting Feb. 10

