



The Granite YMCA Health Intervention Programs

A **health intervention** is a combination of activities or strategies designed to assess, improve, maintain, promote, or modify **health** among individuals or an entire population. **Interventions** can include educational or care programs, policy changes, environmental improvements, or **health** promotion campaigns.



FOR MORE INFORMATION PLEASE CONTACT:

Cindy Lafond, Executive Director of Health Interventions

P: 603.232.8668 | E: health@graniteymca.org

F: 1.978.616.4513 (HIPAA Secure)

REDEFINE YOUR HEALTH



The **YMCA's Diabetes Prevention Program** focuses on small, measurable, reasonable goals to give participants confidence they can make the necessary changes to **reduce their risk** for type 2 diabetes and live healthier lives. In a classroom setting, a **trained lifestyle coach** will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 26 sessions.

The **year-long program** consists of 16 weekly sessions and 4 sessions every other week during the first 6 months followed by 6 monthly sessions in the second 6 months. **The program is covered by some insurance and Medicare Part B, funding also available.**

PROGRAM DETAILS AND GOALS

Primary goals for the first half of the program: reduce body weight by 7% and increase physical activity by 150 minutes per week.

To sign up, participants must be:

- At least 18 years old,
- Overweight (BMI ≥ 25), and
- Diagnosed with prediabetes via a blood test or gestational diabetes

If a blood test is not available, participants must have a qualifying risk score.



**SCAN TO TAKE THE
RISK TEST ONLINE**

**Classes offered in person and virtually. Financial assistance available.
Register online at www.graniteymca.org/diabetes.**



**EDUCATE
EMPOWER
PREVENT**

The Granite YMCA's Diabetes Self-Management Education & Support Program (DSMES) consists of ten one-hour weekly conversation map classes. This program is recommended for anyone with a new diagnosis of diabetes or for those who have not previously attended classes. The program covers detailed information on nutrition, exercise, monitoring, medications, community resources, and stress management.

Our staff are **trained and certified** through the Association of Diabetes Care & Education Specialists. They work with a person who has diabetes to create a plan of care that is personalized to an individual's lifestyle, culture, beliefs, and environment. Together, they work to find solutions that address their most pressing challenges.

To qualify, participants must be 18 years of age or older and diagnosed with type 1 or type 2 diabetes. This program is accredited by Association of Diabetes Care & Education Specialists (ADCES). **Offered both in person and virtually.**

PARTICIPANTS WILL LEARN HOW TO:

- Eat healthy
- Be physically active
- Monitor blood sugar levels
- Take medication
- Problem solve
- Reduce risk for other health conditions
- Cope with the emotional side of diabetes
- Improve your health and quality of life

PARTNERS IN HEALING

LIVESTRONG

FOUNDATION

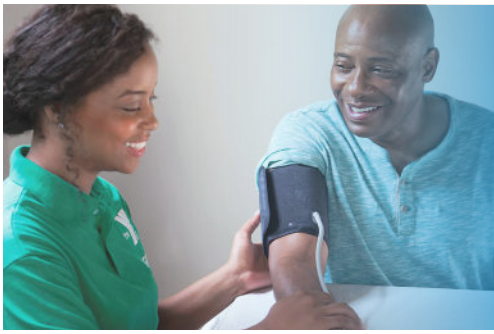


LIVESTRONG® at the YMCA is a **FREE** 12 week small group program for adult cancer survivors, family members, and caregivers. The program meets twice a week for 75 minutes. **We support cancer survivors** in the transitional period between completing their cancer treatment and the time of feeling physically and emotionally strong enough to return to their normal life.

Our staff are trained exercise specialists. They understand participant needs and help each individual address them safely while everyone works at their own pace. Instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care. LIVESTRONG® at the YMCA instructors come from varied backgrounds and have particular expertise in group exercise and personal training. **Staff work with each participant to fit the program to their individual needs** so participants can practice a healthy lifestyle, not only as part of the recovery process, but as a way of life.

Throughout the 12 weeks participants will:

- Build muscle mass and muscle strength
- Increase flexibility and endurance
- Improve functional ability
- Build companionship and share stories of inspiration
- Develop their own physical fitness program to continue practicing a healthy lifestyle
- Improve energy levels and self esteem



IMPROVE YOUR HEART HEALTH

The **YMCA's Blood Pressure Self-Monitoring Program** is designed to help adults with hypertension lower and manage their blood pressure. The program focuses on regular self-monitoring of one's blood pressure over 16 weeks using proper measuring techniques, **one-on-one or group based consultations** with a trained Healthy Heart Ambassador, support and nutrition education for better blood pressure management. **Offered in person and virtually, one-on-one and in a group setting.**

PROGRAM GOALS

- Reduction in blood pressure
- Identify risk factors for heart disease
- Education on healthy eating and hydration
- Improve sleeping habits
- Increased physical activity
- Decrease stress and sodium intake

WHO QUALIFIES?

- Be at least 18 years old
- Diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias
- Not be at risk for lymphedema

According to the American Heart Association, nearly **80 million** adults have high blood pressure in this country. **Less than half** have it under control.

MOVING FOR BETTER BALANCE



Tai Ji Quan™: Moving for Better Balance aims to improve **balance, coordination, and stability** using gentle, low-impact movements based on the forms of Tai Chi. This progressive, evidence-based program meets twice a week for one hour over the course of 24 weeks (split up into two 12 week sessions). Tai Ji Quan can accommodate individuals who need some assistance with walking, such as use of a cane.

In addition to the program's physical benefits, **the safe, supportive group setting** provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility.

Participants of Tai Ji Quan™ are shown to:

- Improve their balance
- Increase their self-confidence
- Gain a sense of achievement
- Improve their well-being

DO YOU HAVE CONCERNS ABOUT FALLING?

Falls are not a normal part of aging, and you can reduce your risk of a fall. Tai Ji Quan™: Moving for Better Balance is designed to help older adults and individuals with balance disorders reduce their risk of a fall.

Take steps now to reduce your risk of a fall and maintain an active and independent lifestyle!



ACTIVE ENERGIZED EMPOWERED

Enhance®Fitness is a proven community-based senior fitness and arthritis management program. It helps older adults become more **active, energized, and empowered** for independent living. Enhance®Fitness has been nationally recognized by the Centers for Disease Control and Prevention, US Department of Health and Human Services, Administration for Community Living, and the National Council on Aging. This program meets 3 times per week for one hour.

Though there is no known cure, low-intensity physical activity has been proven to **reduce pain, improve functioning, elevate mood, and delay disability**. Certified Enhance®Fitness instructors offer a program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Enhance®Fitness classes are led by certified instructors trained to bring out the physical best from older adults. Instructors adapt exercises to match the fitness level of each person, including seated versions of nearly every exercise. **Offered in person and virtually.**

PROGRAM DETAILS AND GOALS:

- Certified instructor with special training
- Exercises focusing on cardiovascular endurance, strength, flexibility, and balance which can help reduce the severity of arthritis symptoms
- An atmosphere that encourages social interaction, which is a vital part of health and well-being for older adults



GROWING STRONGER TOGETHER

The **YMCA Arthritis Aquatic Program**, also known as the Arthritis Foundation Aquatic Program (AFAP), is a water exercise program designed specifically for people with arthritis, developed in collaboration between the Arthritis Foundation and the YMCA of the USA.

It focuses on gentle, low-impact exercises in warm water to **improve joint mobility, flexibility, and reduce pain and stiffness**, with classes typically including stretching, breathing exercises, and light aerobic activities. Participants can enjoy a safe exercise option that helps to increase awareness of arthritis exercise principles, joint protection, and relaxation techniques.

KEY POINTS ABOUT THE PROGRAM

- **Who it's for:** Adults with arthritis or joint pain who are comfortable in the water, even if they aren't strong swimmers.
- **Benefits:** Improved joint range of motion, increased muscle strength, better balance and coordination, pain relief, and overall physical well-being.
- **Class structure:** Typically held in a warm pool (around 83–92°F), with a trained instructor leading exercises tailored to individual needs.
- **Exercise types:** Gentle stretching, light aerobic activities, water-based resistance exercises, and movements focused on joint mobility.



SUPPORTING WELLNESS TOGETHER

Healthy Weight and Your Child is a 25-session evidence-based program for children with obesity. The family-based weight-management program emphasizes three elements: **healthy eating, regular physical activity, and behavior change** to elicit a positive life-long lifestyle transformation.

The Healthy Weight and Your Child curriculum is adapted from the most widely disseminated and extensively evaluated child weight management program in the world called **MEND (Mind, Exercise, Nutrition, Do it)**.

Participants who qualify for the program must be between 7–13 years old, carry excess weight (body mass index in the 95th percentile or higher), receive clearance from a provider to participate in physical activity, and have an adult attend all sessions with them.

The **YMCA's Weight Loss Program** is designed to help people seeking to be healthier, stronger, and more energetic versions of themselves in body, mind, and spirit to achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable habits.

Participants commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. The 12-week program helps them **build skills for successful lifestyle changes** as opposed to advocating any specific or restrictive short term solution.



OUR STRATEGY YOUR STRENGTH

Mood Lifters[™]
Our Strategy. Your Strength.[®]

Mood Lifters is a revolutionary, evidence-based mental wellness program in which you will learn scientifically validated strategies in a supportive group setting.

Depression? Anxiety? Stress? Mood Lifters meets you where you are. Over the course of 15 one-hour weekly meetings, you will learn the most **effective strategies** to manage life—and not just today, but for the curve balls life may throw at you tomorrow, next month, or next year.

On average, those who complete the Mood Lifters program experience **more joy and hope** and less sadness, stress, anxiety and loneliness.

MOOD LIFTERS COVERS THINGS LIKE:

- The importance of a healthy body on mental health
- Identifying and challenging negative thoughts and rumination
- Regulating emotions and moods
- Developing and repairing meaningful relationships
- Living a meaningful and joyful life

ARE YOU READY TO FEEL BETTER?

Mood lifters was developed and tested in clinical trials by Dr. Professor Patricia Deldin and her team, with generous support from the University of Michigan Depression Center and Department of Psychology.



HELPING YOU LIVE BETTER

Living Well in the Community is a health and wellbeing workshop designed for people with disabilities. It supports them to make choices that can help them live the life they want.

The 10-week program helps participants choose and **work on a personal goal, experience peer support, create more possibilities** in their life and **make improvements** to their health and wellness. According to the Centers for Disease Control and Prevention (CDC), up to **1 in 4 (26%)** adults in the United States have some type of disability. In New Hampshire this equals approximately **232,359 (21%)** adults.

Walk With Ease is an evidence-based program that has been proven to help reduce the pain of arthritis and improve overall health. No matter if you need relief from arthritis pain or just want to be active, **Walk With Ease's 6 week program** can teach you how to safely make physical activity part of your everyday life. The goal is to walk **3 days a week for 45 - 60 minutes** with an instructor.

Walking puts less stress on the body than most other forms of aerobic exercise – the kind that builds stamina and boosts cardiovascular fitness. Walking is an especially good exercise choice for people who are older or have been less active. The program contents are based on the latest research in exercise science, plus lots of hands-on, helpful suggestions from thousands of people both with and without arthritis, who have shared their experiences to help make walking work for them.



SERVING THE FOLLOWING COMMUNITIES:

YMCA ALLARD CENTER OF GOFFSTOWN

116 Goffstown Back Road, Goffstown, NH 03045

YMCA OF CONCORD

15 North State Street, Concord, NH 03301

YMCA OF DOWNTOWN MANCHESTER

30 Mechanic Street, Manchester, NH 03101

YMCA OF GREATER LONDONDERRY

206 Rockingham Road, Londonderry, NH 03053

YMCA OF THE SEACOAST

550 Peverly Hill Road, Portsmouth, NH 03801

THE GRANITE YMCA OF SOMERSWORTH

35 Bartlett Avenue, Somersworth, NH 03878

EXETER AREA YMCA

56 Linden Street, Exeter, NH 03833

KEENE FAMILY YMCA

200 Summit Road, Keene, NH 03431

PLAISTOW COMMUNITY YMCA

175 Plaistow Road, Plaistow, NH 03865

YMCA OF GREATER NASHUA

24 Stadium Drive, Nashua, NH 03062

The Granite YMCA is a not-for-profit organization.