

**YMCA of Greater Brandywine
Health Management and Disease Prevention Programs**

	Brandywine	Jennersville	Kennett	Lionville	Oscar Lasko	Upper Main Line	West Chester
<i>Diabetes Prevention</i>	●	●				●	
<i>LIVESTRONG</i>			●	●			●
<i>Enhance Fitness</i>	●	●		●			
<i>Weight Loss</i>	●	●	●	●	●	●	●
<i>A Matter of Balance</i>			●				
<i>Parkinson' Cycle</i>			●	●			●
<i>Aqua Arthritis</i>	●	●	●	●			●
<i>TRX for MS</i>							●
<i>Functional Fitness and Rehab</i>	●	●	●	●	●	●	●
<i>Healthy Weight and Your Child</i>						●	

Diabetes Prevention: Led by a certified lifestyle coach, and based on a CDC-approved curriculum, this program helps participants implement gradual lifestyle changes to prevent or delay the onset of Type 2 diabetes.

LIVESTRONG at the Y: Facilitated by certified instructors, this 12-week, evidence-based, small group program is designed to help adult cancer survivors regain physical strength and improve overall well-being.

EnhanceFitness: This program combines three key components of fitness: strength training, flexibility and cardiovascular conditioning to help older adults reduce the severity of arthritis symptoms. Also serves as pre-habilitation in preparation of joint replacement surgery.

Weight Loss: This program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits.

A Matter of Balance: A program designed to reduce the fear of falling and increase activity levels among older adults.

Parkinson's Cycle: Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace - optimally, 80-90 revolutions per minute.

Aqua Arthritis: A recreational series of gentle activities in the pool, designed to help relieve the pain and stiffness caused by arthritis and other diseases, such as gout, osteoporosis, fibromyalgia, lupus and scleroderma.

TRX for MS: This slow, low impact class helps build strength and stamina for those diagnosed with multiple sclerosis.

Functional Fitness and Pre/Post Rehab: A YMCA personal trainer focuses on building strength, improving balance and increasing range of motion with a focus on form and posture.

Healthy Weight and Your Child: This program creates a safe and fun environment for children and their caregivers to explore and adopt proven methods to living a healthier lifestyle through facilitated group sessions and guided physical activity.