



Healthy Living



At the Y we focus on improving the well-being and quality of life for everyone through specialized health and wellness programs.

Prescribe the Y

This program was designed through a collaboration of local pediatricians, dietitians and the Y to **help children overcome childhood obesity**. Prescribe the Y provides families the education and support they need to eat nutritiously and be physically active. The structured 12-week program is free and helps youth reach personal health goals, improve performance on physical assessments, and develop life-changing healthy habits.

The Y curriculum was developed by local pediatricians and nutritionists involved in Stay'NHealthy. A doctor network refers children that have a BMI (Body Mass Index) of 80% or higher into the program. Youth and families continue to work together to reach their goals after the 12 weeks and **the Y provides a free year of membership** to those who successfully complete the program. **Last year 120 kids and their parents, went through the program.**

LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a small-group program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis and/or treatment. The program creates a community among cancer survivors where many participants build a personal network of support and friendship. Participants also learn how to build supportive relationships and reduce stress- leading to an improved quality of life. Participants have full use of the Y while enrolled in the program.

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Diabetes Prevention Program

The YMCA's Diabetes Prevention Program (DPP) helps overweight adults at risk for type 2 diabetes reduce their risk for developing the disease by taking steps to improve their overall health and well-being.

This evidence-based program is endorsed by New Hampshire's Public Health Department and provides a supportive environment where participants work together in small groups, facilitated by a trained YMCA Lifestyle Coach. **The goals are to reduce individual weight by 7% and build up to 150 minutes of moderate physical activity per week.** The program is delivered over a 12-month period, with 16 weekly sessions followed by 8 monthly sessions.

Every Day Health and Well-being

At the Y, we believe a supportive community is a big part of wellness. That's why we provide over 50 different group exercise programs for our members. These programs not only support physical, intellectual and spiritual strength, but also build a sense of belonging.

The Y offers classes and programs for those dealing with joint and injury rehabilitation, and stress. We also offer health assessments and wellness coaching.

Smoking Cessation Program

The YMCA has partnered with Southern New Hampshire Health Services to provide a smoking cessation program, "Live Free & Breathe." This 6-week program addresses a specific topic each week to support you through your healthy lifestyle choice of becoming a non-smoker. Participation in this program includes a 6-week membership to the Nashua YMCA.

