



# HEALTH & WELLNESS

## HEALTHY INTERVENTION PROGRAMS

UPDATED: July 31, 2023



### STAFF CONTACT

Amy Fox, Health & Wellness Director, P 715.952.9303 E [afox@spymca.org](mailto:afox@spymca.org)  
Shayna Cisewski, Health & Wellness Coordinator, P 715.952.9301 E [scisewski@spymca.org](mailto:scisewski@spymca.org)  
Andy Molski, Head Personal Trainer, P 715.952.9379 E [amolski@spymca.org](mailto:amolski@spymca.org)

#### 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 a group training 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

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.

## **CORPORATE WELLNESS PROGRAM**

Happier and healthier workers are an asset to any business! Here at the Y, we support youth development, healthy living, and social responsibility. Join with us to ensure you and your company have a healthy and engaged workforce, by supporting the health and wellbeing of your employees! The Y has the expertise to help you develop a stronger, more vibrant and productive workforce, by offering your employees discounted memberships, on-site fitness assessments, worksite wellness presentations, wellness challenges, group fitness classes, stress management and much more. This partnership sets up a streamlined process to ensure access to any participating YMCA.

**For more information, please contact Member Services at 715.342.2980**

## **TRANSITION PROGRAM FROM PHYSICAL THERAPY TO THE YMCA**

### **Partnership with Advanced Physical Therapy Associates**

**\*\*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 coach. 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](mailto:amolski@spymca.org)