

COMMUNITY HEALTH

February 2015

The YMCA of Martha's Vineyard is a non-profit, cause-driven, charitable organization that relies on the generous support of friends like you.

WE'RE CELEBRATING AMERICAN HEART MONTH S♥ THE Y CAN SUPP♥RT Y♥UR HEART HEALTHY LIVING G♥ALS!

Put a little I♥ve in y♥ur heart...

MAKE YOURSELF YOUR #1 VALENTINE...

February, the month of love, is often dedicated to celebrating loved ones by showering them with Valentine's Day love and appreciation. This year, make yourself your number one valentine! This February at the YMCA we are celebrating American Heart Month and we encourage everyone in our community to make changes to your day to day routines to ensure you live a heart healthy life.

According to the CDC, Cardiovascular Disease, or CVD, is one of the lead causes of death in the United States today. Thankfully, a number of risk factors for CVD are controllable with the implementation of healthier living habits. Here are some pointers to help you make a move toward a stronger more healthy heart...

MAKE TIME TO MONITOR YOUR HEALTH...

By working with your health care team you can determine individual risks, set health goals and get approval to begin your exercise regimen. Monitoring your blood pressure on a regular basis is a great way to keep tabs on your overall wellbeing as increased blood pressure creates additional work for your entire cardiovascular system. Fortunately there are several locations on-Island you can get free blood pressure and health screenings each month. Here are just a few...

- Oak Bluffs Council on Aging:
4th Thursday of each month, 12:30pm
- Tisbury Council on Aging:
1st Tuesday of each month, 10-11am
- Up-Island Council on Aging (Howe's House, WT):
2nd Tuesday of each month, 11:30am-1:30pm
- Edgartown Council on Aging (The Anchors):
Free health screenings on Feb. 19th 10:30am

Check the 55+ Times for a full list.

GET ON TRACK FOR A HEALTHY HEART...

Long lasting lifestyle changes don't happen overnight, but with continued dedication you can make lifelong transformations; here are a few pointers:

Put out that butt! Smoking is linked to many serious health issues including; increased risk for heart disease, and elevated blood pressure. Learn more about kicking the habit; www.smokefree.org.

Limit Alcohol Consumption Try to minimize your daily intake to 1-2 drinks, as alcohol is linked to increased blood pressure.

Shape up Your Recipes Maintain a healthy weight to keep your ticker happy! By reducing sodium and increasing fiber, fresh fruits and vegetables you can ensure your body has what it needs without feeling hungry. Here at the YMCA, the Y Café has teamed up with Island Grown's Harvest of the Month to provide heart healthy menu items for the community, this month we will be featuring Pea Shoot Pesto as a daily additive to any of our regular sandwiches.



Make some at home today:

Pea Shoot Pesto, Courtesy of Island Grown
4 Cups Fresh Pea Shoots
1 Clove Garlic, Minced
Grated Zest and Lemon Juice of 1 Lemon
½ Tsp salt
¼ Cup Olive Oil

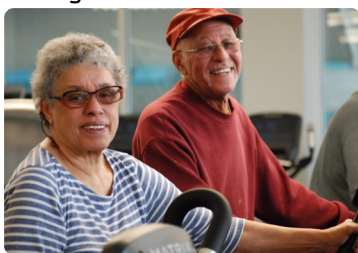
Hit the Hay! Sleep deprivation has been linked with increased cholesterol and blood pressure, if you are an adult make sure to snooze for 7-9hrs nightly, kiddos are recommended to get 10-12hrs.

Zen your Life Don't wait until Vinyasa Yoga at the Y, use relaxation techniques such as deep breathing and gentle stretching throughout your day to keep calm 24/7.



GET MOVING FOR IMPROVED WELLNESS ...

Regular exercise is the foundation for improved heart health and experts recommend sweating it out for at least 150 minutes each week, which is really only 20 minutes a day. Achieve a well-balanced workout regime by implementing all three types of exercises:



Cardiovascular Exercise

Get your heart rate revved up with Cardio; Hike Patagonia on our Virtual Active Cybex Cardio Machines, turn up the salsa and get dancing at one of our Zumba classes, or hop in the saddle with any one of our cycling classes.

Muscle Strengthening:

Max out and build muscle in our Strength Training Center; clink some weights freestyle, or jump into one of our Balance of Power classes, or take your fitness to the next level and put your moves to music with our Les Mills Body Pump classes.

And Flexibility Training:

Lengthen and strengthen your physique, and recover from intense workouts by hitting the mat and giving your muscles a mini massage, or roll out your mat for one of our Yoga and Pilates classes offered each week to practice with a community.



Regardless of how you get active the most important motivation to keep moving is to do what you love and exercise with friends and loved ones. Find a small community to keep you going, make new friends, and try something new. Jump in the pool to swim laps with the Master's Swimming Team, or hit the trail running with a group of outdoor enthusiasts. And don't stop here...keep moving well into March with our **March Madness FitCamp** an extensive cross training and body sculpting program offering holistic nutrition support specifically designed to get you revved up for this year's **LIVE LOVE TRI indoor triathlon** on March 28th.

So show yourself some love this winter and keep yourself heart healthy for the long haul – you'll thank yourself later for all your good efforts!

To learn more about our health and wellness programs visit us online: www.ymcamv.org or call 508-696-7171 x0



WHAT DO WE DO AT THE Y? HELP 7,000 ISLANDERS CARE FOR HEARTS!



YMCA OF MARTHA'S VINEYARD
SWARTZ FAMILY FACILITY
Home of Alex's Place

111R Edgartown Vineyard Haven Road, Vineyard Haven, MA 02568
P 508.696.7171 F 508.696.6806 www.ymcamv.org

MARCH MADNESS FITCAMP

Monday - Friday; March 2-28th, 7:00 am

With Asil Cash, Health & Wellness Director and Professional Trainer

Fuel your body, and obtain healthy weight loss with this holistic nutrition and body sculpting program. For as low as \$7.50 per day! Register Today! 508-696-7171 x0



LIVE L♥VE TRI SWIM ♥BIKE ♥RUN Winter Indoor Triathlon 2015 TO BENEFIT THE YMCA OF MARTHA'S VINEYARD SAT. MARCH 28, 8-12

Ages 11+

Join us for our indoor Triathlon RUN, BIKE, SWIM and race to raise funds that help strengthen our community. Take your love of fitness to the next level by challenging yourself this winter.
25-MIN SWIM | 25-MIN BIKE | 25-MIN RUN
DO ONE, TWO or ALL THREE!



BRAVE THE EVENT...NOT THE ELEMENTS!

REGISTER TODAY!

VISIT US AT THE YMCA OR
ONLINE AT WWW.YMCAMV.ORG

UPCOMING ACTIVITIES

Spring Session I Program Dates:
March 2-April 18 (no classes 4/20-4/24)

- 2/1: Island Gaming, Alex's Place, 1-5pm Free, 18+, with Project Next
- 2/3: Matter of Balance, 12-2pm, Free for Members 55+, Public: \$35 for series
- 2/6: Community Open Stage, Alex's Place \$5 Admission, All Ages Welcome!
- 2/9: **Member Registration Opens, Spring I**
- 2/10: Matter of Balance, 12-2pm, Free for Members 55+, Public: \$35 for series
- 2/13: Middle School Dance, 7-10pm All 6th, 7th & 8th Graders, \$5
- 2/14: Crafternoons w/Childwatch, 2-5pm Ages 3+, fees vary, Register Today!
- 2/16: **Public Registration Opens, Spring I**
- 2/16: ASP Full Day Program, 8:30am-5:30pm, \$58/member, \$66/public
- 2/17: Matter of Balance, 12-2pm, Free for Members 55+, Public: \$35 for series
- 2/20: Community Open Stage, Alex's Place \$5 Admission, All Ages Welcome!
- 2/21: CPR, AED, First Aid Course 9am- 2pm, \$110, Register Today!
- 2/23-27: After School Winter Break Camp Members \$250, Public \$300
- 2/24: Matter of Balance, 12-2pm, Free for Members 55+, Public: \$35 for series
- 2/26: **Spring I Registration Closes Today!**
- 2/28: Elder Tech Fair, Free for 55+ Learn tech skills taught by teens, Register Today!
- 3/2-28: **March Madness Fit Camp** Holistic Nutrition and Body Sculpting Program, for as low as &7.50 a day! Register Today!



View our program guide and calendar of events at www.ymcamv.org!

This edition of Community Health recognizes our partner in creating a stronger community.



American Red Cross