

COMMUNITY HEALTH

March 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 PROMOTING NUTRITION AND PREVENTING DIABETES AND ENCOURAGING SMALL STEPS TOWARDS BIG REWARDS

AWARENESS IS THE FIRST STEP...

March is national nutrition and diabetes prevention month, and here at the YMCA we are focused on helping our Vineyard community get a head start on disease prevention. According to the CDC, nearly 1:3 adults are prediabetic, but only 11% of the estimated 86 million people are aware that they fall into this health hot zone. Prediabetes is when a person has increased blood glucose levels above what's considered normal. Right now you're probably wondering if you may be at risk for prediabetes...

- Are you 45yrs+?
 - Are you overweight?
 - Do you have a family history of diabetes or did you develop gestational diabetes during pregnancy?
 - Are you physically active less than 3x per week?
- If you answered yes to any of the above than you may need to take action to ensure you remain diabetes free.

TAKE ACTION TODAY FOR WELLNESS TOMORROW...

Thankfully prediabetes, unlike its successor: diabetes, is reversible and preventable by following some basic healthy living guidelines.

By maintaining a healthy body weight and an active lifestyle you set yourself up for living your life in optimal wellbeing. For starters, we've just got to get moving! In general it's recommended that we get about 30 minutes of physical activity 5 days a week.

With a multitude of physical activity programs and events to engage the mind, body and spirit we've got every modality covered.

This winter we've been gearing up for our annual **LIVE LOVE TRI INDOOR TRIATHLON** to be held, Saturday March 28th, 8am-1pm - a race against the clock to run, bike and swim to a fun and philanthropic finish line. With groups of friends rallying together to compete as relay teams and singles taking on the entire challenge, this uplifting and exciting event helps to raise heart rates and rev up support for our ongoing charitable community outreach efforts.

REGISTER TODAY AT WWW.RAZOO.COM/LIVELOVETRI

Not quite ready for your competitive debut? No Worries! We're mixing things up this March and



offering a variety of new group exercise classes to keep you motivated to stay active every day.

Try something new, bring a friend and get moving!

- **Tai Chi:** Bring yourself into meditative movement and harness the power within; Tuesday's @7:00am
- **Steam X:** Steam Extreme will get your whole body into shape using resistance and body weight training, plyometrics and more! Mon's & Wed's @4:35pm.
- **Core and More:** We've combined all of what you love from Y Core & Metabolic Training for an integrative workout, featured on Wednesday's @6:00am.
- **Bike Barre:** Our wildly popular Bike Barre class makes a debut on Friday's @10:15am; tighten & tone, lengthen & strengthen with this energetic combo class.

NOTHING FUELS A HEALTHY BODY BETTER THAN PROPER NUTRITION...

Another equally important aspect to maintaining a healthy lifestyle and preventing diseases such as diabetes and obesity is the maintenance of a balanced, nutritious, and proportionate diet. Here are some simple ways we can focus on eating healthier:

PLAN AHEAD FOR SUCCESS By taking time each week to prep your meals you set yourself up for making marvelous mealtime decisions; make a list, head to the grocery store and take time to prep some options over the weekend to make it easier for you to stay committed to success during the work week.

EAT REAL FOOD Focus on featuring foods that come directly from mother earth and free from processing such as fruits, vegetables, grains, shellfish and meat.

SHY AWAY FROM SUGAR AND SALT When purchasing any food that has been processed and packaged, make sure to check the ingredient label to limit excess sodium and sugar consumption.

HYDRATE THE RIGHT WAY If you're thirsty, rather than giving into the first drink in the fridge, opt for pure H2O to give your body what it's really craving and help quench artificial hunger pangs.



This month Y Café has teamed up with the Island Grown Initiative to offer new recipes featuring eggs - the harvest of the month. Look out for our nutritious and delicious quiche that will feature a swath of healthy vegetables from Portobello mushrooms, spinach, peppers, onions, carrots, tomatoes and more!

HEALTHY HABITS FORM YOUNG...

Healthy habits formed at a young age encourage lifelong wellbeing. That's why our After School Program has teamed up with OSNAP - the Out of School Nutrition and Physical Activity Initiative - to bring exercise and healthy nutrition practices into the lives of all its students after school each day. By offering 20-30 minutes of vigorous physical activity each day, restricting all sugar consumption, providing water and healthy snacks, eliminating trans fats and limiting screen time our students are getting a good foundation for a lifetime of healthfulness.



Our nutrition and exercise support continues as youngsters age up to teenagers, by offering free group training classes and complimentary healthy snack options for students dropping into Alex's Place for after school activities.



Young or old the time to start working towards diabetes prevention is today! With a little foresight, planning and goal setting you can initiate a healthy lifestyle regimen that will keep you healthy every day.

To learn more about our healthy living activities visit us online: www.ymcamv.org or call 508-696-7171 x0

SUMMER CAMP AT THE YMCA CAMP TERRA MARE

June 29 - August 21

FULL DAY FUN FROM 9AM-4PM

MONDAY-FRIDAY

EXTENDED DAY AVAILABLE 8-9AM & 4-5PM

REGISTRATION OPENS MARCH 2

AGES 4.5-16 WELCOME!

THEME WEEKS:

- * STARS & STRIPES
- * CAMP TERRA MARE'S GOT TALENT
- * AWESOME OUTDOORS
- * BE YOU, BE SUPER
- * PIRATES OF THE TERRA MARE
- * FUN & FITNESS
- * DESTINATION IMAGINATION
- * WACKY & WONDERFUL



UPCOMING ACTIVITIES

- 3/1: Gaming @Alex's Place, 18+, 8pm*
Collaboration with Project Next
- 3/2: Summer Camp Registration Opens
Full Day Camp, June 29-August 21
- 3/2: March Madness FitCamp Kickoff
Month long fitness, M-F, 7am
- 3/4: Water Babies Workout Starts,
Weds 10:30am-11:15, until April 15
- 3/6: Water Safety Instructor Course,
3/6-3/8, \$435-Financial Asst. Avail.
- 3/6: Community Open Stage, Alex's Place
\$5 Admission, All Ages Welcome!
- 3/7: Crafternoons w/Child watch, 2-5pm
Ages 3+, fees vary, Register Today!
- 3/10: ASP Full Day Care Program, 8:30am-
5:30pm, \$58/member, \$66/public
- 3/13: Alex's Systems, Free for teen girls
@Alex's Place, 4:30pm
- 3/13: Middle School Dance, 7-10pm, \$5
Alex's Place; 6th, 7th & 8th graders
- 3/14: CPR, AED, First Aid Course
7:30-10am, \$110, Register Today!
- 3/18: Film Showing, Alex's Place, 6:30pm*
Collaboration with Island Grown Initiative
- 3/20: Community Open Stage, Alex's Place
\$5 Admission, All Ages Welcome!
- 3/21: Meditation & Discussion, 10am*
- 3/21: Live Concert: TPS & Phil Darosa,
Free for all 18-26yrs, 7pm
Collaboration with Project Next
- 3/25: Film Showing, Alex's Place, 6:30pm*
Collaboration with Island Grown Initiative
- 3/27: Alex's Systems, Free for teen girls
@Alex's Place, 5pm
- 3/28: LIVE LOVE TRI Indoor Triathlon
8am-1pm, YMCA Benefit Event
- 3/28: Live Concert: TPS & Phil Darosa,
Free for all 18-26yrs, 7pm
Collaboration with Project Next

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

WHAT DO WE DO AT THE Y? PROVIDE WELLNESS SUPPORT FOR 7,000 ISLANDERS



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

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LIVE LOVE TRI WINTER INDOOR TRIATHLON

MARCH 28, 8AM-1PM

25 MIN RUN - 25 MIN SWIM - 25 MIN BIKE

Register with your friends and relay and or go solo and compete in all three!

REGISTER TODAY! WWW.RAZOO.COM/LIVELOVETRI

This edition of Community Health recognizes our partners in creating a stronger community and is in memorial of two founding major supporters of the Y:

Malcolm "Mo" Campbell, fondly remembered for donating the Y solar water heater panels.

Jeremy Biggs, fondly remembered for his active participation as a member of the Y Advisory Board.

