For information about these and other programs, get in touch!

Ask your health care provider for a referral to the YMCA, or contact us directly to start pursuing your health goals. We look forward to supporting your health journey!

For questions or to schedule a health coaching call, contact us at:
206 432 8904
ChronicDiseasePrevention@seattleymca.org

LEARN MORE
seattleymca.org/programs-for-health

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.
YMCA chronic disease prevention and management programs last an average of 12 to 16 weeks. All programs are for adults age 18 or older, with the exception of ACT!

Preexisting membership to the Y is not required to participate in health promotion programs.

Blood Pressure Self-Monitoring
- Participants establish routines for monitoring their blood pressure and learn about healthier eating habits
- Meet two times per month for four months one-on-one with a Healthy Heart Coach and attend monthly group nutrition and cooking workshops

Pedaling for Parkinson’s
- Helps adults diagnosed with Parkinson’s disease reduce symptoms through moderate cycling
- Groups meet on an ongoing basis, three times per week for 60 minutes
- Medical clearance required

Lose To Win Weight Management
- Weight loss program focused on sustainable ways to eat healthier, increase physical activity and lose weight
- 12 weekly one-hour program sessions
- Optional ongoing monthly support offered at regional locations

Diabetes Prevention Program
- Helps adults with prediabetes reduce their risk of developing type 2 diabetes
- Goals include reducing body weight by seven percent and increasing physical activity to 150 minutes per week
- Year-long program, with weekly, one-hour meetings for first 16 weeks and bi-monthly or monthly for remaining 8 months

ACT! Youth and Family Obesity Prevention
- Helps youth and their families establish healthy eating habits and incorporate physical activity into their daily routines
- 12-week program, meets once per week for 90 minutes
- For youth ages 8-14 in 85% of weight for age or above. Medical referral required

Enhance® Fitness Arthritis Management
- Group exercise program that helps adults managing chronic conditions like arthritis to gain strength and independence
- Easy-to-learn movements that motivate participants to be consistently active
- Meets three times per week for 60 minutes

Livestrong® Cancer Survivorship
- Strength and fitness program for adult cancer survivors
- Participants meet with a certified instructor to increase flexibility, endurance, build muscle and improve ability to perform daily activities
- 12-week program, meets two times per week for 90 minutes
- Medical clearance required

Moving for Better Balance Falls Prevention
- Group exercise program that helps older adults improve their balance and increase their confidence in doing everyday activities
- Focus on reducing falls-related risk and falls frequency
- Meets two times per week for 60 minutes

Personal Health Planning
- Work with a Wellness Coach to identify your health goals, address barriers to reaching those goals, and create a plan unique to you
- Meet with your coach for ongoing support, to assess progress, and to get connected to programs and resources
- Good option for people not yet ready for a specific program or who are seeking additional support outside of programming

What to Expect After Getting Connected
Our Care Coordination Team will discuss your health goals and interests, help identify the program, location and schedule that will work best for you, and review insurance and financial aid options. We look forward to supporting your unique health related goals!