

# MASSACHUSETTS YMCA EVIDENCE-BASED AND STATEWIDE PROGRAMS

# **ALLIANCE OF MASSACHUSETTS YMCA**

The YMCA's evidence-based programs combine the best available scientific evidence, clinical expertise, and participant needs and choices.



A 12-week program held 2 times per week, developed and established in partnership with the LIVESTRONG Foundation, that assists those who are living with, through, or beyond cancer to strengthen their spirit, mind and body, and improve overall fitness.

LIVESTRONG AT
THE YMCA



A 12-month CDC-recognized National Diabetes Program that helps participants with prediabetes eat healthier, increase their physical activity, and lose weight to delay or prevent the onset of type 2 diabetes. This program can be offered in any community location and is eligible for Medicare reimbursement.

YMCA DIABETES
PREVENTION
PROGRAM



A 16-week group exercise program that uses simple, easy-to-learn movements to motivate older adults (particularly with arthritis) to stay active throughout their life. Each mass session includes cardiovascular, strength training, balance, and flexibility exercises in addition to building strong social relationships.

**ENHANCE ® FITNESS** 



A program that helps participants develop the habit of monitoring their blood pressure. Research shows that recording blood pressure at least twice a month over a period of four months can lower blood pressure in individuals with high blood pressure.

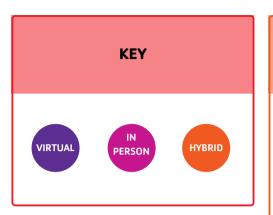
BLOOD PRESSURE SELF-MONITORING



A 26-session program led by certified Y couches to empower children ages 7-13, with the support of their families, to reach a healthy weight and live a healthier lifestyle. The program emphasizes behavior changes to support healthy eating and physical activity.

HEALTHY WEIGHT AND YOUR CHILD

## MASSACHUSETTS YMCA EVIDENCE-BASED PROGRAMS OFFERED BY LOCATION





# ENHANCE ® FITNESS

ATHOL AREA YMCA:

ATTLEBORO YMCA: 

YMCA OF GREATER BOSTON: 

FRANKLIN COUNTY'S YMCA: 

HAMPSHIRE REGIONAL YMCA: 

HOCKOMOCK AREA YMCA: 

GREATER HOLYOKE YMCA: 

YMCA OF METRO NORTH: 

MALDEN YMCA: 

MERRIMACK VALLEY YMCA: 

YMCA OF THE NORTH SHORE: 

OLD COLONY YMCA:

SOUTH SHORE YMCA:

# SELF-MONITORING ATTLEBORO YMCA: YMCA OF GREATER BOSTON: FRANKLIN COUNTY'S YMCA: HOCKOMOCK AREA YMCA: GREATER HOLYOKE YMCA: METROWEST YMCA: OLD COLONY YMCA: SOUTH SHORE YMCA:

**BLOOD PRESSURE** 

# HEALTHY WEIGHT AND YOUR CHILD

OLD COLONY YMCA:

### LIVESTRONG AT THE YMCA

ATHOL AREA YMCA: ATTLEBORO YMCA: YMCA OF GREATER BOSTON: YMCA OF CAPE COD: YMCA OF CENTRAL MASS: FRANKLIN COUNTY'S YMCA: HAMPSHIRE REGIONAL YMCA: HOCKOMOCK AREA YMCA: YMCA OF METRO NORTH: MERRIMACK VALLEY YMCA: METROWEST YMCA: YMCA OF THE NORTH SHORE: OLD COLONY YMCA: YMCA SOUTHCOAST:

YMCA SOUTHCOAST - FALL RIVER/

YMCA OF GREATER SPRINGFIELD:

YMCA OF GREATER WESTFIELD:

WEST SUBURBAN YMCA:

SWANSEA: