



# MASSACHUSETTS YMCA EVIDENCE-BASED AND STATEWIDE PROGRAMS

## ALLIANCE OF MASSACHUSETTS YMCA

# 2022

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 coaches 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

## KEY



## ENHANCE<sup>®</sup> 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: ●
- METROWEST YMCA: ●
- YMCA OF THE NORTH SHORE: ● ●
- OLD COLONY YMCA: ●
- SOUTH SHORE YMCA: ●

## BLOOD PRESSURE 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: ● ● ●

## 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/ SWANSEA: ●
- YMCA OF GREATER SPRINGFIELD: ●
- WEST SUBURBAN YMCA: ●
- YMCA OF GREATER WESTFIELD: ●

## YMCA DIABETES PREVENTION PROGRAM

- ATHOL AREA YMCA: ● ● ● ●
- YMCA OF GREATER BOSTON: ●
- YMCA OF CENTRAL MASS: ●
- FRANKLIN COUNTY'S YMCA: ●
- HOCKOMOCK AREA YMCA: ● ● ● ●
- GREATER HOLYOKE YMCA: ●
- METROWEST YMCA: ● ●
- OLD COLONY YMCA: ●
- SOUTH SHORE YMCA: ● ● ● ●

## HEALTHY WEIGHT AND YOUR CHILD

- OLD COLONY YMCA: ●