



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | **January**

## **BRING IN THE NEW YEAR ON THE RIGHT NOTE**

Welcome 2025! Here's to a happy and healthy new year, from all your friends at the YMCA of Florida's First Coast! We believe in you and are here to help you crush your health and wellness goals this year!

Make sure that we know of any insurance changes you may have that might impact your Y membership. Stop by the Welcome Center and provide them with your new insurance card.

Set up a Fast Forward Fitness appointment with the Wellness Staff to start the New Year off on the right step to crushing your goals.

Sign up for a Healthy Living Challenge to hold yourself accountable. See the Wellness Staff for more information on this year's challenge

Register to for a Healthy Living program to help you meet your health goals.

### **Diabetes Prevention Program**

We're here to give you the encouragement you need to eat better, increase your physical activity, and lose weight — all of which can delay or prevent the onset of type 2 diabetes. \$429 or covered under Medicare.

### **Enhance Fitness**

This 16-week group exercise program for older adults uses simple, easy-to-learn movements that motivate individuals to stay active throughout their life. \$100 for members/\$200 for non-members. Payment can be broken up over 4 payments.

### **Blood Pressure Self-Monitoring**

The YMCA's 16-week Blood Pressure Self-Monitoring Program teaches persons diagnosed as hypertensive how to properly monitor – and decrease! – their blood pressure with personalized support and the proper tools. \$100 for members/\$150 for non-members. Payment can be broken up over 4 payments.

### **LIVESTRONG at the YMCA**

This 12-week program help adult cancer survivors (and their families!) reclaim their health and wellness. No cost for program.

### **Walk With Ease**

This 6-week program was developed by the Arthritis Foundation to help people with or without arthritis to increase physical activity by walking. Walk With Ease is for EVERYBODY wanting to start a routine. \$80 for members/\$99 for non-members.

### **Weight Loss Program**

The 12-week Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors. Participants build skills for successful lifestyle changes. \$100 for members/\$150 for non-members.

**Interested in learning more about our Healthy Living programs? E-mail [myhealth@fcymca.org](mailto:myhealth@fcymca.org)**



**IT'S NEVER TOO LATE TO FEEL GREAT.**

**ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | JANUARY 2025**

### **JANUARY EVENTS AND ACTIVITIES**

**Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

#### **TRIVIA**

**Thursday, January 2<sup>nd</sup>, 10:30 - 11:15am, ESPORTS ROOM**

Test your knowledge and have fun with friends at our Holiday Trivia Challenge!

#### **HEALTHY AGING CHAT N CHEW: WHAT HAVE YOU BEAN EATING?**

**Monday, January 6<sup>th</sup>, 10:30am - 12:30pm, ESPORTS ROOM**

Join Angie in the ESPORTS room for National Bean Day! Let's dive into the world of beans, their health benefits, and which ones are best for you. Don't miss this fun and informative discussion!

#### **CELEBRATIONS: NATIONAL LAW ENFORCEMENT APPRECIATION DAY**

**Thursday, January 9<sup>th</sup> 8<sup>th</sup> 10:30am to 12:30pm, ESPORTS ROOM**

Join us in the ESPORTS room as we honor and celebrate the dedication of our law enforcement officers. Let's show our appreciation for their role in keeping us safe and informed about potential dangers.

#### **HEALTHY AGING CHAT N CHEW: STRAWBERRY ICE CREAM**

**Wednesday, January 15<sup>th</sup>, 10:30 - 11:25am, ESPORTS ROOM**

It's National Strawberry Ice Cream Day! Join us for a delicious and healthy strawberry treat.

#### **SOCIAL: BREAKFAST WITH STAFF**

**Tuesday, January 21<sup>st</sup>, 9:00 - 11:00am, LOBBY**

Feeling low on energy before or after your workout? It's National Granola Day! Stop by the lobby and join the YMCA staff to grab a nutritious snack, whether you're gearing up for your workout or refueling afterward

#### **BIRTHDAY CELEBRATIONS**

**Monday, January 27<sup>th</sup>, 10:00am - 12:00pm, ESPORTS ROOM**

Is your birthday in January? Let's celebrate you with some tasty treats that will start your birthday off the right way. All are welcome to join us for this January birthday celebration!

#### **BOOK CLUB**

**Wednesday, January 29<sup>th</sup>, 10:00 - 11:25am, ESPORTS ROOM**

Join us for an engaging discussion on literature.

**Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win a Prize

**Pick up your card at the Welcome Center today!**