



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | March 2025

## Spring Into Wellness



*Rejuvenate Your Mind, Body, and Spirit*

### Spring Forward, Live Healthier!

As we spring forward this March, it's a perfect time to embrace healthy living.

- Start by prioritizing sleep—adjust your routine gradually before daylight saving time to avoid feeling too groggy.
- Increase outdoor activities like walking or cycling to soak up more sunshine, which boosts your mood and vitamin D levels.
- Refresh your diet with seasonal produce like leafy greens, citrus, and berries.
- Stay hydrated, and consider reducing your caffeine intake to help your body adjust to the time change.
- Practice mindfulness or yoga to reduce stress, and aim for consistency in your exercise routine.
- Finally, reset your goals, whether for fitness, wellness, or personal growth, and embrace a mindset of renewal!

8 <sup>IN</sup> 10 ADULTS WITH PREDIABETES  
DON'T KNOW THEY HAVE IT

REDUCE YOUR RISK

EAT HEALTHY & BE MORE ACTIVE

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. This program helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes. This program is designed to help you adopt and maintain healthy lifestyle changes over the course of one year.

**Programs starting SOON!**  
Email [myhealth@fcymca.org](mailto:myhealth@fcymca.org) for more information!



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

**YMCA AT NOCATEE | 400 Colonnade Drive | 904.671.9622 | MARCH 2025**

### **MARCH 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).**

#### **Walking Club**

**Every Tuesday and Thursday, 8:00 - 9:00am, Meet in the YMCA lobby**

Great way to prepare for Spring racing events...and to enjoy the company of your fellow Y members as you get some outdoor exercise!

#### **Bible Study**

**Every Friday, 8:00 – 9:00am, Multipurpose Room**

Open to ALL! Come together to read and discuss the Bible in a structured and meaningful way. Designed for and open to all denominations.

#### **Mahjong**

**Every Friday, 2:00 – 5:00pm, Multipurpose Room**

Open to ALL! Come together to play Mahjong. No registration required...just show up and play!

#### **Coffee and Convo**

**Wednesday, March 5th, 9:30 - 10:30am, Kookaburra Nocatee**

Come together over the fragrant aroma of coffee and good conversation. A great way to meet new YMCA friends! Meet at 351 Town Plaza Avenue, Suite 102A.

**\*\*Participants will be responsible for paying for their own coffee.\*\***

#### **Game Day**

**Monday, March 10<sup>th</sup>, 2:00 – 3:00pm, Multi-Purpose Room**

Let's get together for a day of gaming! Multiple games are available. Email Stephen at [sseposs@fcymca.org](mailto:sseposs@fcymca.org) or Libby at [eblumberg@fcymca.org](mailto:eblumberg@fcymca.org) with your game suggestions, or bring a game from home to share!

#### **Lunch Bunch**

**Wednesday, March 12<sup>th</sup> 12:30 – 2:00pm, Cantina Louie**

Join us for food and fellowship at Cantina Louie!

**\*\*Participants will be responsible for paying for their own meals.\*\***

#### **Fitness Class: Spring HAC**

**Thursday March 13<sup>th</sup>, 10:45 - 11:30am, Airnasium**

Personal Trainers Ana and Nik will be leading a fun Healthy Aging Conditioning (HAC) class. Come celebrate spring with exercises to strengthen yourself and friendships! Open to all levels; modifications will be provided, if and when needed.

#### **Fitness Class: Total Body Functional Fitness**

**Friday, March 14<sup>th</sup>, 1:15 - 2:00pm, Studio A**

Join Personal Trainer Kelly for a special Total Body Functional Fitness class. Open to all levels; modifications will be provided, if and when needed.

#### **Book Club**

**Tuesday, March 25<sup>th</sup>, 3:30 - 4:30pm, Multi-Purpose Room**

This month we'll be discussing "The Ghost Writer" by A.R. Torres. Grab a copy of the book, give it a read, and come join us for a great literary discussion!