



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August 2026

Healthy Living Starts at the Y Your Path to a Healthier You Begins Here!

12-Week Weight Loss Program

Build Healthy Habits That Last

The YMCA's 12-Week Weight Loss Program helps participants create lasting lifestyle changes through weekly education, goal setting, and support from a trained YMCA Lifestyle Coach. Rather than focusing on quick fixes, this program teaches practical strategies that can be maintained long after the program ends.

Participants will learn how to:

- 🥗 Build balanced, nutritious meals
- 💪 Add physical activity into everyday life
- 📏 Understand portion sizes and mindful eating
- 🎯 Set realistic, achievable goals
- 👏 Stay motivated with group support and accountability

Perfect for anyone looking to lose weight, improve their health, and build confidence in making healthier choices.



Interested in joining?

Speak with a YMCA staff member or email myhealth@fcymca.org today to learn about upcoming classes and registration.

YMCA Diabetes Prevention Program

Reduce Your Risk. Improve Your Health.

If you've been diagnosed with prediabetes or are at high risk for developing Type 2 diabetes, the YMCA's CDC-recognized Diabetes Prevention Program can help you take control of your health.

Led by a trained YMCA Lifestyle Coach, participants meet regularly to learn how healthy eating, increased physical activity, and sustainable lifestyle changes can significantly reduce their risk of developing Type 2 diabetes.

Throughout the program you'll:

- 🍎 Learn healthier eating habits
- 🚶 Increase physical activity at a pace that works for you
- 📊 Track progress and celebrate milestones
- 👏 Receive encouragement from a supportive group
- ❤️ Build healthy habits that last a lifetime



BARCO NEWTON FAMILY YMCA

2075 Town Center Blvd.

904.278.9622

August 2026

Events and Activities

cszczukowski@fcymca.org

Events are offered at no cost and require reservations, **with reservations open at newsletter publication time** (unless otherwise noted).

Reservations can be made in our FCYMCA app or online at fcymca.org.

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita and your Y friends for a great workout while being competitive and having fun!

Coffee and Convo

Thursdays, August 6th and 20th, 10:00am – 12:00pm, Common Area

Come for coffee and fellowship! Our Book Club members will join on the 20th.

Walking Club: 30 Minute Wellness Walk

Tuesday, August 11th and 25th, 9:00 – 9:30am, Meet in the Lobby

Get your cardio in and join us for a 30-minute brisk wellness walk around the surrounding grounds of the Y to warm up the body for the day!

Senior Fitness Orientation: Wellness Floor and Strength Equipment

Wednesday, August 19th, 2:00 - 3:00pm, Wellness Floor

Cholita, one of our wellness trainers, will take you through an introduction of our strength training machines on our Wellness Floor in a group setting. Whether you're a seasoned or new member, this will be an informative session for all!

Dinner Out

Tuesday, August 18th, 4:30 – 6:00pm

Meet at Whitey's Fish Camp (2032 County Road 220, Fleming Island)

Join us for food and friendship! **Each participant will be responsible for paying for their own meal.**

August Whispers

The year isn't over, and neither is your story."

LET AUGUST BE THE MONTH YOU TURN *SOMEDAY* INTO *TODAY*!