



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.



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



Interested in joining?

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



MCARTHUR FAMILY YMCA

1915 Citrona Drive

904.261.1080

AUGUST 2026

Events and Activities

cbutler@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.

Game Day! Board & Card Games

Wednesdays, August 5th & 26th, 3:00 – 4:30pm, Lobby

Bring your favorite board or card games to provide mental stimulation and friendly competition! Variety of games provided onsite.

Arts and Crafts: Beading

Thursday, August 6th, 10:15 – 11:15am, Studio B

Join us to learn how to make a beaded bracelet with Front Porch Beads. Bring a friend or make a new one. **Limit of 8 participants...reserve your spot today!**

Walking Group: Walk the Beach with Friends!

Friday, August 7th, 9:00 – 10:00am, Meet at Main Beach Parking lot

Enjoy our beautiful coast and walk with friends. We'll walk just before low tide so we will have stable footing and not be walking in the loose sand. We'll spend 30-45 minutes together.

Tech 101: All Things FCYMCA

Tuesday, August 11th, 10:30 – 11:30am, Lobby

Bring your phone and we can help you set up the FCYMCA app. We can walk you through some of the features the app has to offer, such as checking your Perkiwille points, and booking your favorite group class.

Arts and Crafts: Paint Bowls with Barnabas

Wednesday, August 12th, 10:00am – 12:00pm, Barnabas Center (1303 Jasmine Street)

Support the community by painting a bowl at the Barnabas Center. Proceeds from the sale of bowls support the food bank. Supplies provided. **Limit of 12 participants...reserve your spot today!**

Walking Group: Japanese Walking Method

Fridays, August 14th, 21st, and 28th, 9:00 – 10:00am, Meet on the porch

Meet new friends and boost the benefits of your walking practice. Walk 3 minutes at an elevated pace, then 3 minutes at a recovery pace for 30-45 minutes to improve leg strength and heart health

Painting Party: Introduction to Watercolor

Wednesday, August 19th, 4:00 – 5:00pm, Inkwell Art Bar (1925 South 14th Street)

Paint a simple watercolor using liquid watercolors. Supplies provided to allow you to make 2 cards to mail to a friend or keep for yourself. **Limit of 8 participants...reserve your spot today!**

Pickleball 101

Thursday, August 20th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, move on the court, and basic game rules. Equipment is usually provided, and no prior experience is required. **Limit of 12 participants...reserve your spot today!**

Arts and Crafts: Seashell Painting

Wednesday, August 26th, 10:00 – 11:00am, Hangtime at the Gym

Use brightly colored POSCA pens to paint your own design on a seashell. **Limit of 8 participants...reserve your spot today!**