



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



YMCA AT WILDLIGHT

251 Breezeway Street
904.849.9622

AUGUST 2026
Events and Activities

sprentice@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.

Walking Group

Saturdays in August, 9:00 – 10:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right.

***Some Saturdays include nature walks, community clean-ups, or trips to local spots like the farmer's market or blueberry farm.** Please keep an eye out for flyers so you know when the walking location will be somewhere other than the Y.

Arts & Crafts- Tie-Dye

Tuesday, August 11th, 12:00 – 1:00pm, Outside (on the side of the building)

Join us for a colorful Tie-Dye activity outside on the side of the building! This is a Bring Your Own Item event! Simply bring something you'd like to tie-dye, and we'll provide all the dye, rubber bands, gloves, and supplies you need to create your own unique masterpiece.

For the best results, bring white or light-colored items made primarily of cotton.

BINGO!

Thursday, August 13th, 12:00 – 1:00pm, Teen Center

Who doesn't love a classic game of BINGO?! Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO!

Please feel free to bring lunch or a snack to enjoy while playing.

Lunch Bunch

Thursday, August 20th, 12:15 – 2:00pm, Chick-Fil-A

Come join us for a fun lunch outing at the **newly built Chick-fil-A!** Enjoy a delicious meal, great conversation, and time spent together in the community. Whether you're trying the new location for the first time or already a fan, we'd love for you to come along and enjoy lunch with us.

Participants are responsible for paying for their own meals.

Tech 101

Tuesday, August 25th, 12:00 – 1:00pm, Teen Center

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We are here to help make technology simple and stress-free!

Game Day: The Price Is Right

Thursday, August 27th, 12:00 – 1:30pm, Healthy Living Center

Come join us for **The Price Is Right!** Test your guessing skills and try your luck in this fun-filled game! Prizes will be won, so come ready to play and see if you can make it all the way to the Showcase Showdown and have the chance to spin the Big Wheel for a BIG prize!