

## PRESCRIBE THE Y!\*

A twelve week physician referral wellness program conducted by the YMCA in Greenfield.

All referred patients start with a free 30 minute consultation with the Y's Exercise Specialists Dawn Dorsey, Jayne Trosin or Stacie Baumann.

Your physical needs and wellness goals will be evaluated to determine which of the four wellness tracks you are best suited for.

Track sessions are twelve weeks long and cost non-members \$109. A Sliding Fee Scale is available, which can cover up to 70% of the program fee.

## WELLNESS TRACKS

- **Track 1**  
First Step Fitness or the Diabetes Care Class in the FitLife Center
- **Track 2**  
Y-Boost in the Nautilus Center
- **Track 3**  
Group Exercise Classes
- **Track 4**  
Aquatic Fitness/Therapy Classes
- **Track 5**  
Chronic Pain Management

Whichever track you choose, Y staff will monitor your attendance and fitness gains. If your attendance wanes you will get a follow-up phone call. Your Physicians will also get updates on your progress sent to them by Dawn, Jayne or Stacie.

\*Formerly Exercise Is Medicine

## RxY EXERCISE SPECIALISTS



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# PRESCRIBE THE Y!

A Prescription for Success!  
YMCA IN GREENFIELD



Ask your Primary Care Provider to refer you for a free consultation with one of our YMCA Exercise Specialists.



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WHAT EXERCISE CAN DO FOR YOU

The benefits of exercise may sound too good to be true, but decades of solid science confirm that exercise improves health and can extend your life. Adding as little as half an hour of moderately intense physical activity to your day can help you avoid a host of serious ailments.

### Exercise Can:

- Reduce your chance of getting heart disease. For those who already have heart disease, exercise reduces the chances of dying from it.
- Lower your risk of developing hypertension and diabetes.
- Reduce your risk for breast or colon cancer and some other forms of cancer.
- Improve your mood and mental functioning.
- Keep your bones and muscles strong and your joints healthy.
- Help you achieve or maintain a healthy weight.
- Help you live independently well into your later years.

### An exercise program has 4 components:

- Fighting disease with cardio activity.
- Protecting bones and building muscle with strength training.
- Easing back pain with flexibility exercises.
- Preventing falls with balance exercises

## RxY CAN SAVE YOU MONEY!

- Regular exercise could reduce your number of doctor visits per year. (Saving on co-pays)
- Regular exercise could reduce the number of prescription drugs you take. (Saving on co-pays)
- Some Health Insurance companies will reimburse you \$150 dollars or more towards your Y Membership.

## TOP 10 DISEASES IN THE USA

Treated or Prevented by Regular Exercise

- |                        |                     |
|------------------------|---------------------|
| 1. Heart Disease       | 6. Osteoporosis     |
| 2. Stroke              | 7. High Cholesterol |
| 3. High Blood Pressure | 8. Obesity          |
| 4. Diabetes            | 9. Depression       |
| 5. Arthritis           | 10. Cancer          |



**Fit Life Center**  
Private Room for  
new exercisers



**Nautilus Center**  
Y Boost Program



**Indoor Pool**  
Water Therapy/  
Fitness Classes



**Adams Room**  
Group Exercise Classes

## RxY SUCCESS STORIES!



Millie Ruiz's doctor referred her to Prescribe the Y! when she was diagnosed with diabetes. RxY involved learning to use the gym equipment, where she would spend an hour or two at the gym every day, and participate in different group exercise classes. She has lost over 20 pounds during the 12-week program, and she continues to exercise and eat healthy meals as part of her lifestyle change.

Ruiz still takes a pill and checks her blood sugar, but after months of diet and exercise her doctor tapered her off insulin injections for good.

"Doctors have said that exercise is medicine and honest to God, it is; it makes you feel like a whole new person," she said.



Nancy and Donald Burke came through Prescribe the Y! together 3 years ago. This couple took the program seriously by consistently participating 7 days each week in the Fit Life Center. Donald uses various pieces of cardio equipment for an hour each day while Nancy completes 1 ½ hours and in addition; both continue to gradually increase weights on the strength-training machines.

Along with healthy eating and regular exercise they have become successful enough to no longer require BP, diabetic or cholesterol medications. In the process, Donald has met his weight loss goal of losing 40 pounds and Nancy has lost in excess of 165 pounds! Last year, their daughter and grandchildren joined them as active Y members, making this a family affair.



TJ Strahan was told by his doctor that he "really" needed to get some exercise for his health. He had always felt he was too fat to exercise and now felt he was too old too. His doctor told him about RxY and how exercising could lower his blood sugar and help him feel better. TJ wasn't convinced but decided to try it. In just a few weeks, he went from using a cane to never needing it and from struggling to get out of chairs to being able to pop out of them. The gains TJ made might seem small but he has greatly improved the quality of his life.