



FOREVERWELL

MAY 2024 | ISSUE HIGHLIGHTS: ARTHRITIS, Mental Health, Aqua Marshall Area YMCA

GET ACTIVE.

STAYFIT.

BE SOCIAL.

The Marshall Area YMCAs ForeverWell program supports the whole person wellbeing for those 55 years and older.

Through fitness classes, social and educational groups, and volunteer opportunities, ForeverWell helps people remain healthy, active, and involved in their community.

MARSHALL AREA YMCA 
DOCTOR DISCUSSION

Arthritis Awareness
Discussion

May 22 10am-11am



Low-Impact Program with High-Impact Results for Individuals with Arthritis

Did you know that arthritis impacts more than 50 million Americans, making it the number one cause of disability in the country? The Marshall Area YMCA is here to help, **AQUAFIT SMILE** is designed for those with Arthritis This program features **Slower Moves, Impact Lowered Exercise**. With simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active and reclaim their health.

Some changes that past participants have noticed include:

- More energy
- Better balance
- Increases in upper and lower body strength.
- More flexibility and range of motion
- Better sleep
- More feelings of happiness
- Sense of independence

For more information on how you can live a healthy, active life, visit www.marshallareaymca.org/health-wellness

FACILITY HOURS

Monday-Friday: 5am-9pm
Saturday: 7am-5pm
Sunday: Noon-5pm

Director of Healthy Living

Heather Radke
200 S. A Street
Marshall, Mn 56258

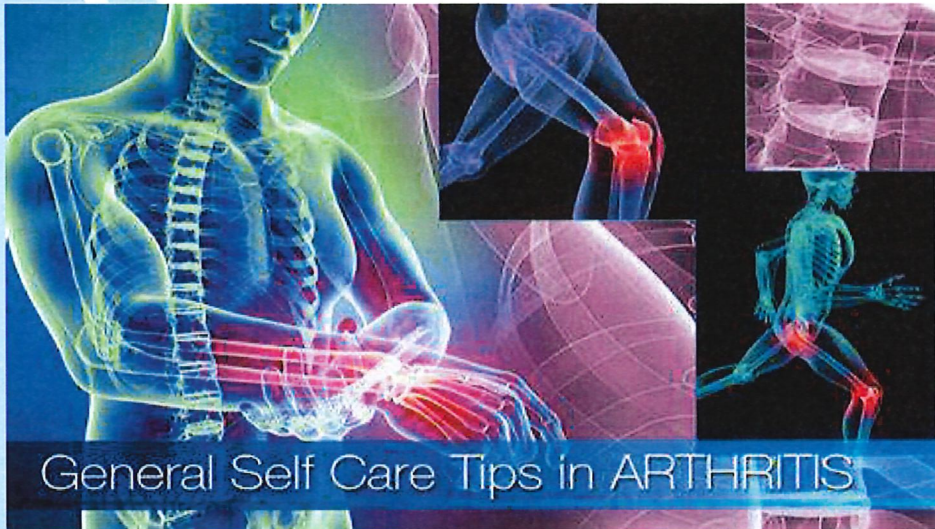
FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

MAY 2024

*Please Note that Group Fitness Classes are subject to changes.
Up to Date Classes are listed in Motion Vibe App.*

	Monday	Tuesday	Wednesday	Thursday	Friday
8am	AquaFit Pool	AquaFit Pool	AquaFit Pool	AquaFit Pool	AquaFit Pool
9am	AquaFit Pool FWKickboxing May 6/20 FW Fitness May 13 Mtg Room	AquaFit Pool	AquaFit Pool	AquaFit Pool	AquaFit Pool
9:30am	FWChairYoga Mtg Room	Strength & Balance Mtg Room	FWChairYoga	Wellness Walking + Weights Mtg Room	FWChairYoga Mtg Room FW Line Dancing Studio
10:15am			FW Fitness Mtg Room	FW Tai Chi Studio	
11am		AquaSmile Pool		AquaSmile Pool	
1:30- 2:15pm	FW Fitness Studio				
5pm	AquaFit Deep Water		AquaFit Shallow Water Zen H2O *3 rd Wed ONLY	AquaFit Combo Water	



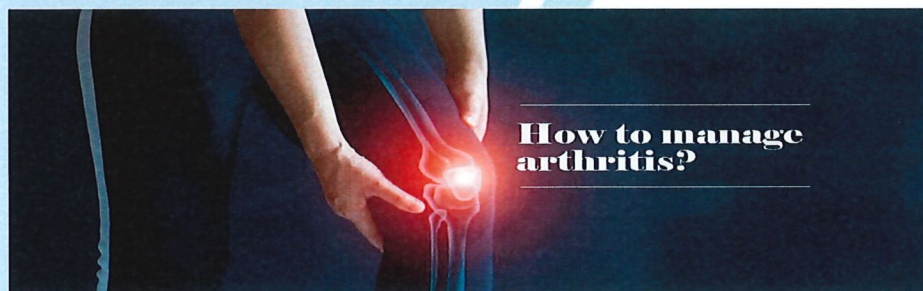
General Self Care Tips in ARTHRITIS

What You Need to Know

Follow these eight self-management habits to help you take control of your arthritis.

A diagnosis of arthritis can be overwhelming. You're dealing with a lot of new information. You may feel worried about the future. And you're getting used to talking with different health care providers who help you manage your disease. A chronic illness can be a lot to handle but rest assured, you can do it.

You'll play a big role in getting your disease under control and staying as healthy as possible. The term is called self-management. Self-management is about making healthy lifestyle choices and learning to manage the physical and emotional effects of arthritis. It may feel a little like you're going back to school but take it one step at a time. You'll need to learn all you can about your disease and build a strong partnership with your doctors.



How to manage arthritis?

Be Organized: Take charge of your treatment plan by keeping track of symptoms, pain levels, medications, and possible side effects so together with your doctor you can determine what works best for you. USE A Health Tracker to get started.

Manage Pain: You don't want pain to take over your life. Try natural ways that can help you feel better. Talk to your doctor about best medications to help ease your pain.

Address the Emotional

Side: Coping with a new diagnosis and the pain and limitations that may come can wear on you emotionally. Learn more about the [emotional effects](#) so you can better manage them.

Fatigue can be a one-two punch. It can be caused by your disease or the daily stress of living with a chronic disease. There are simple ways to [manage fatigue](#).

Improve Sleep: Pain and sleep problems can go hand in hand. Poor Sleep can worsen pain.

GET MOVING:

It maybe the last thing you want to do when you're in pain, but exercise will help. It strengthens muscles that support your painful joints, keeps joints mobile, helps you get restful sleep, boosts mood and helps you lose excess pounds that add stress to joints. See how you can [start an exercise program](#).

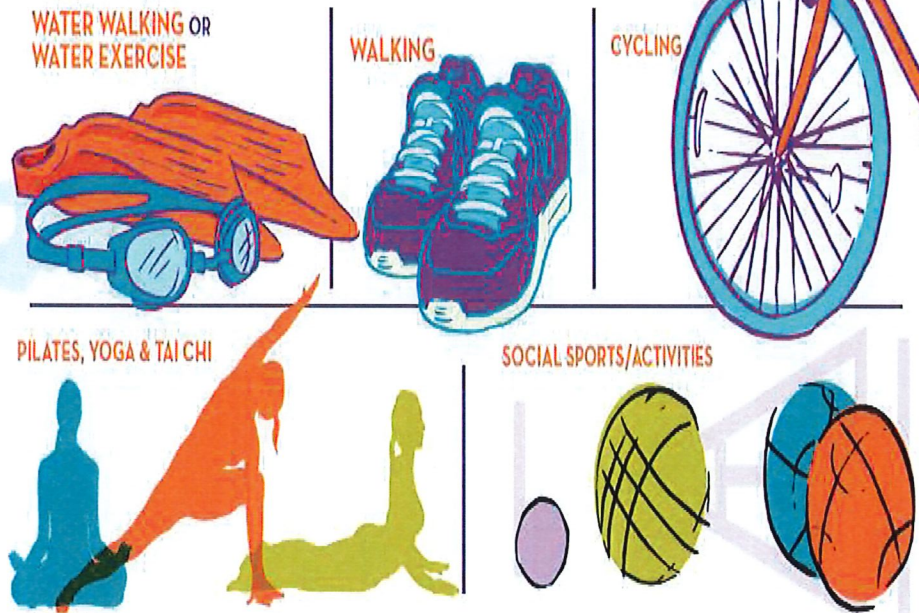
Rest: is important when your disease is active, and your joints feel painful, swollen or stiff. Lighten your schedule and obligations and ask for help when you need to. Pace yourself throughout your day and take breaks when you can. Get some tips for [pacing yourself](#).

Healthy eating:

(plus, exercise) can help you reach and keep a healthy weight. Add anti-inflammatory foods that are rich in antioxidants to help control inflammation.

SO WHY DOES EXERCISE MATTER????

GREAT EXERCISES FOR PEOPLE WITH ARTHRITIS



Check out the following classes offered at the Marshall YMCA that would be great for those with Arthritis.

GROUP Fitness Classes:

- AquaSMILE
- Walking & Weights
- Chair Yoga, Yoga, Tai Chi

Individual Activities:

- Walking the Indoor track
- Biking on a Spin Bike or Stationary Bike
- Reserving a Lap Lane to do water walking or water Exercise.

What are the benefits of exercise on mental health?



Reduce stress levels
Exercise can help to reduce your cortisol levels



Improves social well being
Whilst exercising you might meet new people and develop more friendships



Reduced anxiety
When you exercise your brain releases endorphins which can help to calm you down



Increased self esteem
As you become fitter, stronger you start to improve your self confidence



Reduced risk of depression
Exercise can help to improve your mood



Boost Brainpower
Exercise can help to improve cognitive functioning including decision making and learning

Statistics from PHYSICAL ACTIVITY STATISTICS, 2015 BRITISH HEART FOUNDATION





Mental health is how we think, feel and act

For a better us.®

Community Care at the MARSHALL AREA YMCA

Mental health is how we think, feel and act. At the Y, we recognize that we all have mental health, and mental health is an important part of our overall health and social-emotional well-being, as well as a core component of our identity.

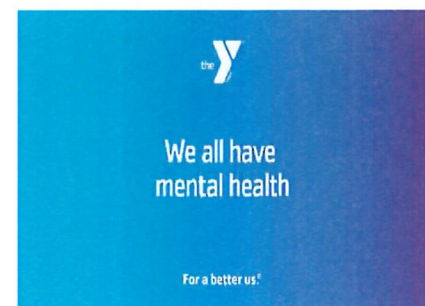
The Y supports the mental health of individuals and communities in all the work we do to help people reach their full potential—whether that’s teaching life skills to youth in our summer camps, supporting our staff, helping people achieve their best physical health or helping newcomer immigrants access services. This type of non-clinical support is called “community care” and includes:

- Understanding mental health as something we all have—it is how we think, feel, and act.
- Applying positive self-care practices routinely.
- Engaging in conversations in a genuine way, with empathy and the intent of building meaningful relationships.
- Understanding and applying trauma-informed guiding principles when interacting with others.
- Understanding the impact of social determinants of health, systemic racism, discrimination and marginalization on mental health.
- Modeling emotion regulation, co-regulation, and effective coping skills.
- Recognizing signs that someone may be struggling.
- Connecting individuals to primary and specialty support when needed.
- Providing initial response in crisis situations.

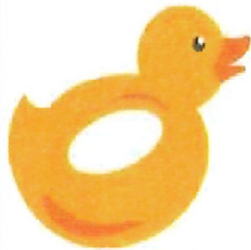
- Initiating dialogue and collaborating with others to embed mental health informal care support throughout the community.

Everyone can play a role in mental health community care. In honor of Mental Health Awareness Month, the Y encourages you to identify simple ways you can care for yourself and others, such as:

- Using your powers of observation to notice when someone may be struggling with a hard day, moment or situation.
- Intentionally asking “how are you?” and encouraging honest answers so others can share and feel heard.
- Bringing empathy, compassion and kindness to your daily interactions.
- When you notice someone struggling, connecting them to mental health resources like the National Suicide Prevention Lifeline



WATER SAFETY TIPS



TEACH THEM EARLY

Teach children to get comfortable in the water and swim at an early age and educate them early about water safety.

ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.

DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or pool.



I'M ON A BOAT!

Children should always wear a PFD (personal flotation device) while on a boat. If it doesn't fit, get one that does.



SUIT UP!

Make sure children always wear life jackets and use proper water safety and flotation devices.

GET CERTIFIED

Become certified in Infant and child First Aid and CPR.



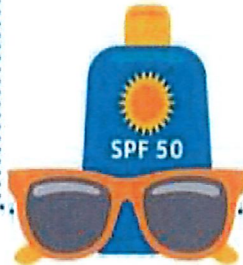
STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.



WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher and limiting direct exposure to sunlight for prolonged periods of time.



Summer brings additional opportunities to be around the water at lakes and pools not only when you are enjoying these spaces but also when you are with family and friends.

WARM WEATHER TIPS

WATER SAFETY

LEARN WATER COMPETENCE

Know your limitations! Never swim alone. If possible, choose locations with lifeguards on watch. Be aware of environmental risks (tides, currents, rip currents, shallow and unclear water). Check conditions before you go!



LEARN SWIMMING SKILLS



Find a swim class for you or your child's skill level. Learn 5 skills recommended by the red cross in different environments:

1. Enter water that's over your head, and return to the surface.
2. Float for 1 minute.
3. Turn over and around in water.
4. Swim 25 yards.
5. Exit the water.

BE ALERT TO HELP OTHERS

Pay close attention to weak swimmers and children. Know the signs of drowning. Take CPR and first aid classes. Designate an adult to be the 'water watcher', to keep their eye on those in the water at all times.



USE LAYERS OF PROTECTION



Ensure there are barriers between vulnerable people and danger. Teach children to always ask permission before going into water. Lifejackets are recommended for all. At home, fence in pools or water features for added barriers.

KNOW SIGNS OF DISTRESS

A swimmer may need help if: they are not making forward progress. Are vertical in water and not making progress. They are bobbing in water and quiet. Their mouth may be at water level, they are swimming in a ladder climbing motion.



IN CASE OF EMERGENCY



If anyone is unaccounted for, always check water first. Immediately alert life guards. Know and be able to recognize the signs of distress. Do not attempt a rescue if you are not a strong swimmer. Use the 'reach or throw, don't go' method of rescue.

PREPARE

The more you learn and prepare, the more likely you are to avoid water emergencies. Find more information and resources at:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>



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