

CREATING AN ENVIRONMENT FOR SUCCESS

Most of us, at one time or another, have tried to make a health-related life change such as losing weight, increasing physical activity, reducing stress or breaking an undesirable habit. Starting and sticking with a plan long enough to affect change can be a major challenge.

The YMCA can help you find a balanced solution that works for you. Healthy Lifestyles is a scientifically proven program that uses the power of groups, along with one-on-one-coaching to help you achieve your personal goals. By integrating spirit, mind and body in a holistic approach to well-being, we celebrate and encourage the whole person and work toward a balanced, satisfying life, rather than trying to achieve an "ideal" physical goal.

The group environment creates possibilities to help transform your current habits into positive life behaviors by providing support, sharing successes, working through challenges and building community. Our trained facilitators will help you achieve your goals by guiding you through each step of the behavior change process.



WE'RE HERE TO HELP

Lussier Family East YMCA
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Northeast YMCA
1470 Don Simon Drive, Sun Prairie, WI 53590
608.837.8221

Lussier Family West YMCA
5515 Medical Circle, Madison, WI 53719
608.276.6606

YMCA Child Care
8001 Excelsior Drive, Suite 200, Madison, WI 53717
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www.ymca Dane County.org

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HELPING YOU LIVE BETTER

YMCA HEALTHY LIFESTYLES
Developed with Stanford
Prevention Research Center



YOU CAN MAKE IT HAPPEN

START TODAY

HEALTHY LIFESTYLES HELPS YOU:

- Increase energy and become more active
- Reduce anxiety and stress
- Lose weight
- Change your eating habits
- Find more balance in your life



HEALTHY LIFESTYLES IS EFFECTIVE

The YMCA has developed healthy lifestyles in collaboration with Stanford prevention research center. For more than thirty years, Stanford has been developing, testing and refining a six-step method for behavioral change – a scientifically-tested method found to be effective in facilitating life-long behavior change related to health, physical activity and nutrition.

GROUPS ARE POWERFUL

You are not in this alone. Healthy lifestyles brings together groups of individuals to support and motivate one another to reach health goals. You will be inspired to change your own behaviors as you work with others with common experiences, goals and struggles. Groups provide accountability and a powerful incentive to affect change.

ONGOING SUPPORT

The program begins with a health and lifestyle assessment. From there you will have one-on-one time with a coach and participate in weekly group sessions.

10-month Healthy Lifestyles program includes:

- 22 Group Sessions
- One on one meeting with facilitator
- Healthy Lifestyle Assessment
- Setting short- and long-term goals
- Identifying barriers
- A new health and well-being routine
- Tracking your progress

The group sessions will support you by providing new strategies for healthy living with topics such as how to overcome barriers, keeping yourself motivated, building your support network, among others. Building healthy habits takes time.

HEALTHY LIFESTYLES RATES:

Members only \$150

Payment plans are available.

WHAT PARTICIPANTS SAY:

“Healthy Lifestyles offers a very different and personal way to get started and stick with your goals. I had the opportunity to figure out what worked best for me.”

Amy

“I would tell people who are struggling or disappointed by their past attempts that the Healthy Lifestyles program is a positive environment that can give you the tools you need to get through those struggles that make you quit.”

Doug

“Meeting weekly with incredibly supportive, like-minded people helped me achieve my goal and learn a lot about myself. Once I started seeing results it was easy to stick with it.”

Carol

“I had tried almost every other program out there. I think (Healthy Lifestyles) is a good program for most anything you want to work on or change about yourself especially if it is related to weight or fitness.”

Cindy

FINANCIAL SCHOLARSHIP PROGRAM

Provides membership and program scholarships to individuals, children, and families in need, and in turn, the opportunity to participate in the YMCA high quality, character building programs, regardless of one’s ability to pay.

Please visit our website, ymcadanecounty.org or see your local branch for an application and information.