



The Healthy Community Initiative is a collaborative effort between Cleveland Clinic and community partners to promote optimal health and wellness. Based on the community health needs assessment and utilizing combined resources within our local communities, Healthy Community Initiative programs will be customized around three core areas: education, nutrition and physical activity.

12 Weeks to a Healthier U

Mondays, October 20 through January 26

6:30 to 8 p.m. (No classes December 22 or December 29)

Hillcrest YMCA

5000 Mayfield Road, Lyndhurst, OH 44124

FREE program for Live Long Lyndhurst members. For details about the cost for YMCA members, please contact the front desk staff at the Hillcrest YMCA. Open to participants 18 and older.

Come to one or all of the 12 Monday sessions as you learn how to begin, maintain and succeed on your journey to a healthier you! Join fitness professionals, nutritionists and other healthcare professionals as they provide education and practical application of health and wellness activities and tips.

- SMART goals
- Identifying and overcoming barriers
- Strategies to healthier eating
- Stress management
- Strength training
- Building fitness into family time

FREE healthy heart screening on Monday, October 20 from 5:00 to 6:30 p.m.

For more information, please contact the YMCA at 216.382.4300 or email livelonglyndhurst@ccf.org.

Hillcrest Family YMCA
in collaboration with
Live Long Lyndhurst and The Cleveland Clinic
Present:

12 Weeks to a Healthier U
Mondays from 6:30 PM to 8:00 PM
October 20th 2014 through January 26th 2015

10/20

Meet & Greet.
Tour of facility.
Health Screenings by Cleveland Clinic.
Introduction and general overview of 12 weeks.

10/27

Workshop: So ... What's In This 12 Weeks for Me?
Presentation by Dr. Jason Schermer, DDS

11/3

Workshop: Let's Set SMART Goals!

11/10 (Gina)

Workshop: Identify and Overcome Common Barriers to Success!

11/17

Workshop: Tips and Strategies for Healthier Eating (Certified Nutritionist)!

11/24 (Gina)

Workshop: Inspirational Success Stories by YMCA employees and members!
Finding Your Own Motivation!

12/1 (Half Way Through Program)

Workshop: Let's Revisit Our Goals!

12/8 (Jerry)

Workshop: Learn How to Better Manage Stress!
Free Chair Massages

12/15

Workshop: Why Strength Training is Crucial for Every Body!

1/5

Workshop: Peak Performance and Injury Prevention Workshop!
Presentation by Physical Therapist (to be determined).

1/12

Workshop: Future Goals and Continued Success!

1/19

Health Screenings by Cleveland Clinic.

1/26

Wrap-up.

Healthy-Cooking Demonstration, Recipe Cards.

Raffle.

Awards.

*Would like to hold workshops during the week in the evenings and encourage participation in group fitness classes, weekly and possibly give homework assignments for cardio and strength training each week, i.e. burn 300 calories on the elliptical, perform 2 strength circuits (cards provided for tracking), etc.