



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MILLS COUNTY YMCA HEALTH & WELLNESS

## FIRST FALL SESSION 2019

### Personal Training

We offer a variety of packages available in 30 minute or 60 minute sessions. New trainers and prices available! Please visit the Welcome Center or our website for the current schedule.

**By appointment only.**  
**Please call or stop in for pricing.**

### Get Started

Get Fit Today! One-on-one Personal Training (Group/Family Sessions available), 2 FREE sessions for new or returning members (\$120 value). Continue monitoring your progress through monthly Fit Checks, FREE tshirt & reduced price continued Person Training upon completion of the program.

**By appointment only.**  
Member: FREE

### Fit Checks (all ages)

Fit Checks are available FREE to all adult members every month. Fit Checks include: Weight, Body Mass Index, Body Fat Percentage, and Blood Pressure. Contact the Mills County YMCA to schedule your appointment!  
FREE for members

### HEALTH & WELLNESS CONTACT:

**Diana Burchett, Executive Director**  
712-527-4352 • [dburchett@metroymca.org](mailto:dburchett@metroymca.org)

## COMMUNITY BASED HEALTH PROGRAMS

### Delay the Disease™ :

An evidence based fitness program, led by certified Delay the Disease™ instructors, designed to empower individuals with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms.

**Participating locations:** Maple Street YMCA, Sarpy YMCA, and Southwest YMCA

**Cost:** This program is open to YMCA members and non members. Delay the Disease is FREE to YMCA members. Non members, please visit a YMCA of Greater Omaha Welcome Center to learn the fees for each session or contact Theresa Lovings.

**Contact:** Theresa Lovings  
[tlovings@metroymca.org](mailto:tlovings@metroymca.org) • 402-637-3145

**Learn more:** [metroymca.org/wellness-programs/delay-the-disease](http://metroymca.org/wellness-programs/delay-the-disease)

### LIVESTRONG® at the YMCA:

Is a FREE 12-week group training program designed for cancer survivors. The program includes cardiovascular exercise, strength training, flexibility training, and balance. Participants receive one-on-one attention in a group setting, which creates a safe and comfortable workout environment. FREE to members and the general public + FREE household membership while participating in the program!

**Participating locations:** Armbrust YMCA, Charles E. Lakin YMCA, Maple Street YMCA, Sarpy Community YMCA, Southwest YMCA, and Twin Rivers YMCA

**Contact:** Amy Roux  
[aroux@metroymca.org](mailto:aroux@metroymca.org) • 402-393-3700

**Learn more:** [metroymca.org/wellness-programs/livestrong-at-the-ymca](http://metroymca.org/wellness-programs/livestrong-at-the-ymca)

### Y WEIGHT LOSS:

The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

**Participating locations:** Armbrust YMCA, Downtown YMCA, Maple Street YMCA, Mills County YMCA, and Southwest YMCA

**Contact the Mills County YMCA**

**Learn more:** [metroymca.org/wellness-programs/y-weight-loss](http://metroymca.org/wellness-programs/y-weight-loss)

Register at the Mills County YMCA Welcome Center or online: [metroymca.org](http://metroymca.org)