

HEALTHY LIVING

Monthly E-Newsletter of the Staunton-Augusta Family YMCA Volume 1, Issue 2 June 30, 2010

Are you ready to commit to a better lifestyle?

GET STARTED GETTING FIT

In our last issue we talked about what health means and that it means something different for just about everyone. We also mentioned the importance of moving towards well-being and how physical activity can help jumpstart things for you and hopefully lead to other healthy behaviors, such as proper nutrition, not smoking, stress management, and decreased alcohol consumption.

Now that you have your own definition of what health means to you, how do you get started with a new physical activity program? And when is it safe? If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits your ability to be active in any way. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If the health benefits of physical activity far out-

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We build strong kids, strong families, strong communities.

weigh the risks of getting hurt then begin down your new fitness path.

How much activity is enough?

The following guidelines come from the 2008 Physical Activity Guidelines for Americans:

- Children and Adolescents (aged 6–17)**
- Children and adolescents should engage in 1 hour or more of physical activity every day.
- Most of the one hour or more a day should be either moderate-or vigorous-intensity aerobic physical activity.
- As part of their daily physical activity, children and adolescents should do vigorous-intensity activity on at

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Tips for Getting Started

- Start slowly and build gradually. Increase intensity over time. Do what you can, then do more.
- Select an activity you enjoy.
- Pick something that fits your budget.
- Participate with a friend.
- Write down solutions to how you can overcome obstacles.
- Create a checklist of benefits you hope to get from beginning a healthier lifestyle.

Buddy Livick an exercise success story

By Carol Byrd
Senior Programs Coordinator

ACTIVE OLDER ADULTS™

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Buddy Livick says that part of his life is similar to the quote from the poem titled The Deacon's Masterpiece or The Wonderful 'One-Hoss Shay,' by Oliver Wendell Holmes.

"The poor old chaise in a heap or mound, as if it had been to the mill and ground! You see, of course, if you're not a dunce, how it went to pieces all at once, --all at once, and nothing first, --Just as bubbles do when they burst."

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Y Day Camp in full swing

By Bruce Blair
Program Director

“Babe, something’s wrong with the TV,” my wife said Saturday. But there wasn’t anything wrong. It was the dreaded vuvuzelas, the yard-long plastic horns (voo-voo-zella) that South African fans blow all the time, without rhyme nor reason, when something is happening and when it’s not (it’s usually not), during timeouts and time ins, during halftime and at the breakfast table and while they’re on the bus and while doing their taxes, until you just want to stab two fondue forks deep into your ears and stir. They never stop. It’s like having a desk in the center cubicle at American Bee, Inc. They sound like 80,000 yaks getting sick. They are the leading cause of Tylenol sales in the world today.”

As a YMCA program director, I can emphasize with the above paragraph. It was 5:30 a.m. on Monday, June 7 as we frantically prepared for the arrival of the kids. Then at 7 a.m., we opened the doors at three camp sites to more than 275 youth in the surrounding areas.

When they walk through the doors of camp, kids are swept off into a “magical” place where they are loved by their



YDAY CAMP™

We build strong kids, strong families, strong communities.

friends and counselors, participate in theme week activities, and take field trips that every kid dreams of.

For eleven hours, they run, they play, and our staff does an excellent job of impacting the lives of each and every youth that attends summer camp. Then we send them home to eat, get a bath, and rest up for the next day so we can do it all over again. Ahhh the life of a site director and counselor ... and they wouldn’t have it any other way because they know, in the words of Forest E. Witcraft, *“A hundred years from now it will not matter what their bank account was, the sort of house they lived in, or the kind of car they*

“Coming together is a beginning. Keeping together is progress. Working together is success.”

— Henry Ford

drove... but the world may be different because they were important in the life of a child.”

We would like to say thank you to the Staunton City Schools. Without their support Summer Day Camp would not be possible. And thank you to all those who contributed to our annual support campaign — 42% of day campers receive scholarships to attend summer day camp this summer.

The YMCA’s annual support campaign raised \$150,000 — 26% goes to day campers, 42% of whom are on scholarship. The above pictures show some of the fun from 2009s day camp.

Livick's lifestyle remains active

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Buddy said he was about 67 when he started falling apart. Consider:

- Two back surgeries
- Histoplasmosis of the eye requiring six laser surgeries
- Hip replacement
- Heart Attack
- Triple bypass
- Diabetes
- Pacemaker/Defibrillator
- Second hip replacement

Even though he was coming to the Y, things weren't going well. I first met Buddy in the Range of Motion H2O class. He had gotten to the point where his endurance and range of motion were weakening and felt that he'd have to give up one of the "loves of his life" — golf. I suggested that he try the P.A.C.E. class which is similar to the water class only done on land, out of a chair.

It was also around that



To learn more about P.A.C.E. and other programs for active older adults contact Carol Byrd Senior Programs Coordinator.

time that Buddy was introduced to Bryan Romig, a physical therapist, through a seminar of health care providers Isaac Coffey put together at the YMCA.

Today as Buddy reflects back on the benefits of the YMCA, he has nothing but praise for the programs as well as the staff.

Buddy's wife, Martha, decided at one point that Buddy needed someone to work with him, so she went to the top — Executive Director Morris Peltz, and asked him to work with Buddy. Morris graciously agreed and worked with him for a while. The P.A.C.E. class that he attends — along with physical therapy — has helped Buddy go from playing nine holes of golf back to 18 holes, which was something he had never dreamed possible. He says that he has no pain, and his range of motion has increased greatly. Now when he comes to a

Richard "Buddy" Livick, 77, a YMCA member since January 1998, speaks with Carol Byrd, the YMCA's senior programs coordinator, about maintaining an active lifestyle.

Yield sign while driving, he can turn his head and look for oncoming traffic where before, he just drove through...NOT GOOD!!

Through exercise, weight loss and diet, Buddy's doctor has taken him off all the medication he was on for diabetes and he's doing quite well.

Buddy's closing words to me were "The YMCA has been an important part of my life and will remain a part of my life for the rest of my life."

To share your success story, send us an e-mail: isaac Coffey@gmail.com or call 885-8089 and ask for Isaac.

Ginger LeMasurier newest member of the SAYMCA staff

Many of you know me and have seen me all over the YMCA wearing multiple hats. I love my job! I am perhaps not the most athletic person, but I have always loved fitness and I have always been active.

I began working at the YMCA when the Y-Express for women opened several years ago. From there I began working in other areas of the YMCA. I am currently certified in spinning, nordic walking, water aerobics, and group exercise. I am a registered (RYT200) yoga teacher and I teach yoga and pilates classes.

This past winter I went to South Carolina and completed my Personal Training certification through AFFA (Aerobics and Fitness Association of America). I teach bootcamp classes and I am also one of the trainers working with our two newest programs: ResoLOSEtion and SummersoLOSEtion.

Working at the YMCA with all the wonderful members and staff is the best job anyone could ever have. As I said earlier, I LOVE my job!



LeMasurier



MONTHLY E-NEWSLETTER OF THE
STAUNTON-AUGUSTA FAMILY YMCA
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Staunton Augusta Family YMCA

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Staunton, VA 24401
Phone: 540-885-8089

Hours of Operation:

Sunday: 1-7 p.m.
Monday-Thursday: 5:30 a.m.—10 p.m.
Friday: 5:30 a.m.— 9 p.m.
Saturday: 7 a.m.—7 p.m.

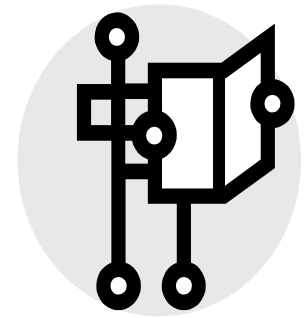
To sign-up for the SAYMCA e-news send us an e-mail:
isaac Coffey@gmail.com

We plan e-mail and post this newsletter monthly for as long as people are interested in this. Topics and events will be related to health and well-being for the most part. We like to be flexible.

YMCA staff (directors, coordinators, and instructors) work together to publish this newsletter. Some content comes from YMCA of the USA or other resources.

Always consult with your physician before beginning any physical activity.

We're on the Web
WWW.STAUNTONYMCA.HOMESTEAD.COM



GET FIT NOW — CONTINUED FROM PAGE 1

least 3 days per week. They also should do muscle-strengthening and bone-strengthening activity on at least 3 days per week.

Adults (aged 18–64)

- Adults should do 2.5 hours a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity. Aerobic activity should be performed in increments of at least 10 minutes, preferably spread throughout the week.
- Additional health benefits are provided by increasing to 5 hours

Find Out More Online:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

<http://www.healthfinder.gov/>

(300 minutes) a week of moderate-intensity aerobic physical activity, or 2 hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both.

- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.
- **Older Adults (aged 65 and older)**
- Older adults should follow the adult guide-

lines. If this is not possible due to limiting chronic conditions, older adults should be as physically active as their abilities allow. They should avoid inactivity. Older adults should do exercises that maintain or improve balance if they are at risk of falling.

For all individuals, some activity is better than none. Physical activity is safe for almost everyone, and the health benefits of physical activity far outweigh the risks.

History Quiz:

1. YMCA Stands for _____?
2. What is the YMCA of the USA Mission?
3. What is the Staunton-Augusta Family YMCA Mission Statement?

Answers to last month's quiz:

1. The Young Men's Christian Association was founded in [London, England in 1844](#).
2. The first YMCA in the U.S. was founded in [Boston 1851](#)
3. The Staunton-Augusta Family YMCA was founded in [1874](#)