

NEVER FAR FROM THE Y Membership Reciprocity Programs

The Y is dedicated to building healthy, confident and connected people in 10,000 communities across the nation. Wherever you may roam, whether in New Jersey or throughout the U.S., the Y is there to support your wellness needs. More choices mean more chances to use your Y membership to its fullest.



MY Y IS EVERY Y: NJ Reciprocity Program

31 New Jersey Ys will accept your valid membership for up to 5 visits a month at no cost!

For a list of participating Ys, please visit www.westfieldynj.org or pick up a brochure at any Westfield Area Y location.

AWAY: US Reciprocity Program

Westfield Area Y members are entitled to short-term privileges at hundreds of participating Ys throughout the U.S.

As each Y has their own usage and fee guidelines, it is recommended that you call ahead of your visit. Find a Y at www.ymca.net.

NEW AT THE Y! TRX® Suspension Training

Develop strength, balance, flexibility and core stability all at once!

A certified TRX instructor will guide you through a series of exercises that will use your body weight and gravity to achieve your fitness goals—guaranteed to challenge every level of exerciser!

Available in group exercise classes limited to 12 participants or as part of personal training.

Questions? Contact Lynne Applebaum at lapplebaum@westfieldynj.org or 908-233-2700 X239



Y'S WORDS is the member newsletter of the Westfield Area Y distributed twice a year to our members.

If you have ideas or suggestions for this newsletter, please contact Marla Itzkin, Editor at 908-233-2700 x264 or mitzkin@westfieldynj.org.

Are you getting all the latest Westfield Area Y news? To receive our periodic emails, please contact us at membership@westfieldynj.org and ask to be included on our email list.

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The Westfield Area Y is a member agency of the Westfield United Fund and United Way of Greater Union County.

OUR MISSION: The Westfield Area Y is a nonprofit human service organization dedicated to developing the full potential of every individual and family in the communities it serves through programs that build healthy spirit, body, and mind for all.

Y'S WORDS

DECEMBER 2011 ISSUE

A Newsletter for Members and Volunteers of the Westfield Area Y. Serving Cranford, Garwood, Mountainside and Westfield since 1923.
WESTFIELD AREA Y · 220 Clark Street · Westfield, New Jersey 07090 · 908-233-2700 · www.westfieldynj.org



NEW AT THE Y FREE FOR MEMBERS

Whether you are a newcomer to fitness or a seasoned exerciser, **ActivTrax** will help you meet your health & wellness goals.

PERSONALIZED HEALTH & WELLNESS PROGRAM

ActivTrax creates a new workout for you every time you exercise to reflect your progress, goals, and preferences. Your custom workouts will keep you challenged, interested, and goal-oriented! The nutrition component complements your workout routine and considers your activity level and lifestyle.

Ask any Y trainer to learn more!

CUSTOMIZED WORKOUTS

ActivTrax is for every member at every fitness level. The ActivTrax program creates a new, personalized, printable workout for you every time you visit the Y based on the results of your last workout.

It will show you which equipment to use, how to set the weights and how long to rest between sets. There's even an online exercise library that can show you how to perform the exercises correctly.



You can enter your workouts and track your progress at one of the ActivTrax kiosks throughout the Y or online. Varied workouts tailored for you will keep you on the road to success!

NUTRITION TRACKING

A health & wellness plan isn't complete without thinking about nutrition.

ActivTrax's nutrition tool helps you to keep track of the foods you are eating, the number of calories you are consuming and how many you are burning.

It complements your workout routine and considers your activity level and lifestyle to ensure you stay on target towards reaching your goals.

GET STARTED!

See any Y Trainer or contact Greg Hatzisavvas at gatzisavvas@westfieldynj.org or 908-233-2700 x251 to set up your custom profile and first workout!

Access your **ActivTrax** at a Y kiosk or online from anywhere!



THE Y IS FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

Registration is required. Visit the Welcome Center or contact Amanda at x258 or aaguirre@westfieldynj.org for information.



Last Spring, six 7th Grade teams competed in the 2nd annual Health Bee thanks to sponsorship by UnitedHealthcare. Westfield's Holy Trinity Interparochial School won the competition and received a \$1000 prize for their school, Westfield's Edison Intermediate School was the runner-up (\$500 prize), and Cranford's Orange Avenue School won "best school spirit" (\$250 prize).

Pictured here, the Holy Trinity team celebrates a winning answer over the Edison Team (photo credit: Charles Sykes/AP Images for UnitedHealthcare).

HEALTHY LIVING BEGINS HERE
7th GRADE INITIATIVE

In an effort to set youth on the road to a healthy lifestyle, the Westfield Area Y, in partnership with UnitedHealthcare, offers all 7th graders in our service area FREE physical, nutritional, and educational opportunities, and a complimentary Westfield Area Y Pre-Teen Plus membership for the duration of the school year.

More than 300 students participated this past school year and took advantage of their membership. This included the cardio and strength equipment, pool and gym; pre and post-fitness testing; access to Friday night teen nights; family fitness activities; youth conditioning and fencing classes; and participation in the Y track and field and cross-country clubs.

Y-USA COMMITMENT TO IMPROVE CHILDREN'S HEALTH

In response to a call by first lady Michelle Obama and the Partnership for a Healthier America (PHA), the Y is making a significant commitment to help improve the health of our nation's children.

Our kids are at risk: 30% of children are overweight or obese, we have unprecedented levels of diabetes, and children today are less active, with many spending more than eight hours a day in front of a screen. These trends are hurting kids now, and their negative effects will only grow as children become adults.

The Y's cause—strengthening communities through youth development, healthy living and social responsibility—compels us to act and lead on this issue. As the Y reaches 10,000 communities nationwide, it puts us in a unique position to positively impact the lives of children and their families. We all want to see our children grow strong and be healthy, happy and full of hope.

The Y has committed to expand efforts to help children live healthier lives by adopting healthy eating and physical activity standards in our early childhood and afterschool programs. The standards are based on evidence-based practices that are known to be effective in childcare settings.

The standards include:

- establish minimum expected physical activity for children
- designate fruits and vegetables as snack options
- designate water as the primary beverage during snack times
- limit screen time
- encourage breastfeeding
- and conduct parent education to encourage healthy behaviors at home.

Our national goal for these new standards is to benefit at least 85% of the more than 700,000 children who participate in the Y's early childhood and afterschool child care programs by 2015. We will share more information on this developing initiative and how it will impact our community in the coming months.



THE Y IS FOR HEALTHY LIVING Improving the nation's health and well-being

THIS IS MY Y
Patti Swadosh



I am a long time resident of Westfield and have two children, Jake and Katlin who work at the Y as swim instructors. The Y has always been a part of our family life. However, I never realized just how much the Y has done for my wellness as well as what my children learned at the Y until I was in a car accident over two years ago.

My son took over at the scene and helped me. He had taken First Aid at the Y so he noticed there was something wrong with me that the first responders weren't seeing. He called my daughter to also come; she too had taken First Aid at the Y! Both of my kids remained calm and took charge and demanded I go to the hospital!

They did a CAT Scan and to my surprise, found out that I had an existing benign brain tumor and three brain aneurysms!

In December 2009, I had to have a Brain Coiling Procedure. My physical therapist couldn't believe how well I maintained my balance. Then in December 2010, I had to have a Craniotomy. Recovery took a year. Once again, I required a physical therapist. Even after having double vision, he could not get over the balance and strength I had. I attribute it to the Project Healthy Bones class I took at the Y years ago.

In May 2010, I was able to return to the Y once again. The Y instructors watched over me and knew my medical condition and worked with me to ensure I was feeling good. The class gave me the confidence, courage and balance to walk outside and around the block and recover from my surgery.

"My Physical Therapist couldn't believe the strength and balance I had due to a Project Healthy Bones class I took at the Westfield Area Y."

—Patti Swadosh

DELAY THE DISEASE
Exercise Program to Fight Parkinson's Symptoms



Research has shown that physical exercise improves symptoms of those living with Parkinson's.

This unique program addresses issues of everyday life — how to get in and out of a chair with greater ease, how to walk with better balance. Each class is different but over the eight weeks incorporates strength, flexibility, balance, and cardiovascular exercises to help soothe tremors, improve posture and gait, enhance vocalization and facial expressions and increase overall well-being.

Classes are led by Y trainers certified in this specialized program. Whether newly diagnosed or living with Parkinson's for years, participants benefit from the exercises, camaraderie and supportive atmosphere.

"Delay the Disease" is led by Y trainers certified in this specialized program. Free for full-facility members. Free with an 8-week "On The Way" membership.

Questions? Contact Greg Hatzisavvas at 908-233-2700 x251 or ghatzisavvas@westfieldynj.org

"For the first time since my dad was diagnosed, I feel like he's going to have a support group for his Parkinson's disease and I think that will make a huge difference in his life."

Thanks again, for all that you've done to make this program available in this area and for the kindness and patience that you've shown my Dad.

I appreciate it much more than you know!"

—Sherette



GENERATION TO GENERATION

Westfield Area Y Leaders and Black Achievers got their rakes out to clean yards of leaves at local seniors' homes. These teens believe in giving back and providing support to their neighbors to strengthen their community.

Pictured: Craig Morong, Y Board Member, and Y Leaders and Black Achievers clean up the home of Westfield resident, Mr. Lawrence Catanzaro.

THE Y IS FOR SOCIAL RESPONSIBILITY Giving back and providing support to our neighbors