



WHY EXERCISE AFTER STROKE?

Regular physical activity is one of the best things survivors can do to regain function and improve quality of life. According to the American Stroke Association, benefits may include better mobility, balance, memory, and mental well-being, while also lowering the risk of recurrence, heart-related conditions, and falls.

Unlike general fitness classes, this program is tailored specifically for stroke survivors.

WHAT ARE THE GOALS OF THE PROGRAM?

- Address stroke-related challenges such as spasticity, foot drop, balance, gait, and memory difficulties
- Provide tools to build greater independence and improve activities of daily living
- Teach exercises and techniques participants can also practice at home
- Foster social connection and emotional support alongside physical recovery



**SCAN TO
LEARN MORE**

or visit:
westfieldynj.org/stroke-recovery

**Questions about the Westfield
Area YMCA Stroke Recovery
Exercise Program?**

please contact Jean White:

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WESTFIELD AREA YMCA
220 Clark St., Westfield • 908-301-YMCA (9622)
westfieldynj.org •   

Strengthening the communities of Cranford, Garwood, Mountainside and Westfield since 1923. Financial assistance is available for YMCA programs and memberships.



STROKE RECOVERY Exercise Program




MOVE FORWARD WITH STRENGTH
AND SUPPORT

WESTFIELD AREA YMCA

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About the Program

This exercise program, led by certified instructors, is designed to support stroke survivors beyond rehabilitation by:

-  Enhancing function
-  Optimizing abilities
-  Regaining independence

Classes help program members build strength, restore mobility, and improve quality of life in a safe and welcoming environment. Participants work toward personal goals while gaining the confidence and skills needed for everyday living, all while connecting with others who understand their journey.

Participants work toward personal goals in a supportive, encouraging environment, guided by certified Y stroke recovery specialists.



JOINING THE PROGRAM

Program is open to adults who have completed rehabilitation and are ready to continue their recovery journey. Classes are free, but a membership is required. Financial assistance is available so that no one is turned away for inability to pay.

PROGRAM DETAILS



Fitness assessments are conducted every 10–12 weeks to measure progress in areas such as walking, balance, and strength. Feedback will guide program improvements, ensuring classes remain responsive and effective.



MEET JIM

Stroke Exercise Program Participant



“I’ve been a member of the Y since I moved to town in 1995. I had a stroke in 2024. My Occupational Therapist said a lot of people get intimidated or scared of going back to a place like the Y after a stroke, but it was good for me because of the sense of community. It’s good for the mind too.

In the new Stroke Recovery Exercise Program, we did some measurements so we can see our improvements over time. I think I will grow, and the class will become even better for me. The instructors are great and offer guidance when I need help doing certain things. OT is limited to 30 sessions a year, and it is not enough. Now I come to the Y more often than I did before the stroke.”

 **Atlantic Health**

OVERLOOK FOUNDATION

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