

FEBRUARY NEWS



BARBARA B JORDAN YMCA

2039 E. MORGAN STREET

February 2018

www.bbymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE



GIVE YOUR SWEETIE THE GIFT OF HEALTH THIS VALENTINE'S DAY

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Get Physical: Being physically active every day is fun and can improve the function of your heart. Plan and schedule opportunities for active play; for example, include a brisk 10-minute trip around the block after meals or a walking break during the day.

Take a Snooze: Lack of sleep has been associated with elevated cholesterol and blood pressure. Adults need at least seven (but no more than nine) hours of sleep at night to aid with the prevention of heart disease. Children need 10-12 hours of sleep per night. Develop bedtime routines for the whole family to assist with falling asleep faster and staying asleep.

Feeling the Pressure: According to the American Heart Association, lowering or maintaining normal blood pressure can greatly reduce your risk for heart disease and stroke. Nearly 1 in 3 adults (about 78 million people) have high blood pressure and more than half of them don't have it under control. Start self-monitoring your blood pressure and [know the numbers](#).

Play Together: Spending time together as a family is a great way to reduce stress, which is also important to heart health.

HEALTHY LIFESTYLE CLASS

MADE (Morgan Adult Diet and Exercise) is a free eight week program for adults funded by Kendrick Foundation. This collaboration with IU Health Morgan will help individuals achieve a healthier lifestyle. The program will include working with a registered dietician to teach menu planning and nutrition. Each session will also include a variety of exercise options led by physical therapists. Now registering for March session. You may register for these programs by calling; 765-349-6736, option 6 or call the Y at 765-342-6688

UPCOMING EVENTS



Spring Soccer
Registration Deadline March 7th
League Begins April 7th

Sweat-A-Thon
March 3rd
A day filled with free fitness classes that will be sure to inspire and motivate.

Underwater Easter Egg Hunt
March 16th
The Easter Bunny doesn't always hide eggs in the grass. Come join us for our annual Underwater Easter Egg Hunt.

Spring Break Camp.
March 26th –March 30th
Make the most out of your child's spring break. Let them spend the time making new friends, engage in teambuilding activities, explore nature, games and swimming

Annual Gala Dinner
April 5th
Join us at the Sycamore at Mallow Run for a delicious dinner, an opportunity to win cash prizes, and sample Mallow Run wines. This delightful evening will help fund the Y Annual Campaign. Tickets available at the Y greet desk.

Healthy Kids Day
April 21st
HEALTHY KIDS DAY® is the Y's official start to the best summer ever! So make sure your kids get the most out of this summer by joining us for this awesome, fun day filled with activities that will bring smiles to every child's face.

LIGHTS, CAMERA, CURE
Relay for Life June 8
Friday 6 pm – Sat. 6pm
Morgan County Fair Grounds

