



WHAT'S NEW AT YOUR WATERTOWN FAMILY YMCA

TAKE ACTION TO IMPROVE HEART HEALTH
ASK ABOUT THE WATERTOWN FAMILY YMCA BLOOD PRESSURE SELF-MONITORING PROGRAM

IT'S FREE

FIND YOUR RHYTHM. FIND YOUR Y.

WWW.WATERTOWNYMCA.ORG

WORD FROM THE Y

From Michelle Graham, Senior Director, Health and Wellness

February is that time of year when everyone can focus on all things related to the heart. February after all, is the month dedicated to Love. But February is not only about Valentine's Day and Sweet-Heart Candy. It can also be about loving oneself. February is American Heart Month. Having a happy, healthy heart is not one of those things that just happens by accident. As you embrace the cold February mornings, are you thinking about ways to keep your heart and cardiovascular health at its best.

I love the idea of taking care of your heart. It truly encompasses more than just the physical piece. When we focus on self-care and self-love it often seems that all the other pieces fall into place. Now is your time. Shift your focus to all things "YOU".

According to the CDC Heart Disease is the number killer for both men and women. Male heart disease rates are at 24.2 % nationally and women heart disease rates are 21.8 %. Heart disease refers to several types of heart conditions with the most common being Coronary Artery Disease CAD. Some risk factors of CAD include high blood pressure, high cholesterol, and smoking. The CDC has reported that almost half of Americans 47% have at least 1 of the 3 risk factors. A healthy heart is also a component of overall wellness.

Exercise can help reduce your risk! There are so many awesome heart-healthy activities to engage in during the cold winter months. Snowshoeing, cross-country skiing, and an old-fashioned winter walk are just a few ways to get your heart pumping. According to the American Heart Association, 150 minutes, each week, of cardiovascular endurance exercise is recommended for a healthy heart. Be creative with your workouts, think outside of the box. Gather some friends and family members and make exercise FUN. Yes, I seriously mean cardiovascular workouts can be fun.

However, heart health is not just about exercise. Consider getting your blood pressure under control. Start by registering for the YMCA Blood Pressure Self-Monitoring program. Self-Management or monitoring of your blood pressure can provide insight into triggers that elevate your readings and teaches you to monitor your blood pressure at home. As you may be aware, many individuals struggle with elevated readings at their doctor's office. Taking care of high-blood pressure can decrease your risk to a stroke or heart attack. Make your physical heart health a priority this month.

Putting all the pieces together can be complex and take time. Think about how you can make some positive changes that can impact your heart health and wellbeing. Being kind to yourself and giving extra attention to self-love and self-care this month is a wonderful place to start. Get your head and your heart connected to live your very best heart healthy life. February is about LOVE - Self Love. Wishing you all a winter filled with deep love, a healthy heart, and a joyful spirit.

Y PROGRAM SPOTLIGHT

LAURIE'S LIGHT A BEACON OF LIGHT LEADING YOU BACK

In collaboration with the Saint Agatha Foundation, the Watertown Family YMCA will be a beacon of light and support leading breast cancer survivors down the road to recovery.



YOUR PATH BACK INCLUDES

FREE FAMILY 1-YEAR MEMBERSHIP TO THE WATERTOWN YMCA

Membership entitles you and your family use of the facility and programs and access to all four Watertown Family YMCA locations including Fairgrounds, Downtown, Sackets Harbor and Carthage.

LIVESTRONG® AT THE YMCA

This 12-week exercise and group support program focuses on improving the survivor's strength, fitness, and quality of life. In addition to physical benefits, the program also focuses on the emotional well-being of survivors and their families.

NORTH COUNTRY CANCER SUPPORT GROUP

If you have been diagnosed with breast cancer, you may want to connect with others who understand how you feel, share stories, ask questions, and feel supported.

ACCESS TO A VARIETY OF Y PROGRAMS

Your family membership will allow you access to multiple programs including health & wellness, group exercise, swimming classes, yoga, and a variety of sports programming.

For more information contact:
Michelle Graham / mgraham@nnyymca.org / 315.782.3100



TRANSFORMING COMMUNITY
FOR GENERATIONS

THINGS TO KNOW ABOUT YOUR YMCA

NEW Y PERSONAL TRAINER: WELCOME EMMA LAWSON



We are very excited to welcome Emma Lawson to the Watertown Family YMCA staff. She is a Certified Personal Trainer through The National Strength and Conditioning Association (NSCA) and is also Certified Group Exercise Instructor through the Athletics and Fitness Association of America (AFAA) with almost 10 years experience in the fitness industry.

Emma is now scheduling appointments for Personal Training and oversees the Y first-of-the-year fitness challenge, Be Your Change, which began on January 17th. Emma will also be teaching Pilates at the Downtown YMCA branch on Tuesday and Thursdays at 9:15 AM.

Emma loves working with clients to discover their personal goals and helping them develop a passion for health. She is a mom of two young kids and knows that life can be busy, and it is easy for our health to take a backseat. Her goal is to make health and fitness accessible to all so that it is no longer something on the to-do list, but instead becomes an integral part of everyday life.

Everything we do is grounded in meeting the unique needs of communities – and we can't do it alone. When you partner with the Y, we expand our impact to ensure all people and communities can thrive.

To Become a Y Partner Contact:
April Anne Young ayoung@nnyymca.org

A YMCA LOOK BACK

JULY 23RD, 1945

WATERTOWN DAILY TIMES.

Children's Circus Aids YMCA Fund

Several boys from the State and Boyd street section walked into the Y. M. C. A. campaign office Saturday morning and handed in \$4 worth of pennies, dimes and nickels. They announced that they had just held a circus and wanted to contribute the money to the Y. M. C. A. rehabilitation campaign.

After their tricks and antics were performed they found that they had \$3.99 and they an-

nounced that they borrowed the other penny to make the even extra dollar.

Six boys and one girl all claimed a part in the undertaking. They were: George Parker, Harold Raymo, jr., Ross Houghton, Dorothy Kenney, David Kellner, Gene Parker, and Ross Kenney.

This money will be placed with other contributions which are being made in order to make the \$100,000 rehabilitation campaign a success.

NEWSPAPER CLIPPING COURTESY OF NNY360 ARCHIVES

the Y
YMCA

FIND YOUR PASSION. FIND YOUR Y.

COMMUNITY IMPACT PARTNERSHIP OPPORTUNITIES

- YMCA Runs & Events Sponsorships
- YMCA Facility Signs
- Digital Display
- Bag Giveaways
- Company Volunteers
- Corporate Memberships

» PARTNER WITH THE YMCA
PROMOTE YOUR BUSINESS
IMPACT YOUR COMMUNITY

For a better us.®

PROGRAMS • EVENTS • PROMOTIONS

The **SHAMROCK RUN** is back!
Don't miss the fun. Register today!

33RD ANNUAL SHAMROCK RUN the Y YMCA

MARCH 12, 2022 9:00 AM

REGISTER ONLINE TILL MARCH 6TH, 9 PM

FIRST 500 REGISTRATIONS GUARANTEED A SHIRT

WATERTOWN FAMILY YMCA SHAMROCK RUN
33RD ANNUAL
BECAUSE WE'RE ALL A LITTLE BORN ONCE A YEAR!

2.2 MILE & 5 K WALK OR RUN | ST. PATRICK'S ELEMENTARY SCHOOL
733 S MASSEY ST, WATERTOWN, NY

FOR MORE INFORMATION & TO REGISTER VISIT
WWW.WATERTOWNYMCA.ORG
VOLUNTEER to help at the RUN.
For more info email the YMCA ayoung@nnyymca.org

KEEP YOUR KIDS BUSY OVER FEBRUARY WINTER BREAK

FEBRUARY WINTER BREAK

Full Day Program
Wiley Intermediate School
February 22-25, 2022
7 AM - 6 PM

the Y YMCA

S.A.C.C.

REQUIRED ITEMS FOR THE CHILD

Face Covering & Sneakers
A Healthy Lunch & Water Bottle

****Weather permitting we'll be going outside.****
Please provide your child the appropriate clothing.
Winter Coat, Snow Pants, Hat, Boots, Gloves

Registration Deadline: Friday, February 11th
Additional Fee for This Program
Contact: Amy 315.755.2005
PHONE REGISTRATION ONLY

REGISTER EARLY. SPACE IS LIMITED!

the Y YMCA

AVALANCHE WINTER BREAK CAMP

MONDAY - FRIDAY
FEBRUARY 21-25, 2022
9:00 - 11:00 AM

A Ninja & Gymnastics Combo Camp

Avalanche athletes will safely learn gymnastics skills that can be incorporated into ninja obstacle courses and on the YMCA Olympic vault, bars, beam and floor equipment.

Program Fee:
Member: \$70.00
Non-Member: \$100.00
Military: \$95.00

Required:
Athletic clothing or Leotard
Water Bottle
Mask
No shoes or socks
Long hair should be pulled back

For questions contact Janet Bleau
jbleau@nnyymca.org • 315.755.962

the Y YMCA

S.T.E.M. WINTER BREAK SPORTS & SCIENCE CAMP
AGES 5-12

MONDAY - FRIDAY
FEBRUARY 21-24, 2022
9:00 - 12:00 AM

FIND YOUR SENSE OF WONDER.
FIND YOUR Y.

Program Fee:
Member: \$38.00
Non-Member: \$48.00
Military: \$43.00

Required:
Sneakers
Water Bottle
Mask
Comfortable Clothing
A willingness to LEARN!

For program questions contact: Paul Passino
ppassino@nnyymca.org • 315.755.9622

InBody the Y YMCA

See what you're made of

PRECISELY TRACKS FAT LOSS AND MUSCLE GAIN

COST PER SCAN
Members: \$25.00
Non-Members: \$50.00

Advanced BIA Technology
Bioelectrical impedance analysis (BIA) is a method for measuring body composition, including muscle mass, body fat, and total body water.

FIND YOUR MOTIVATION. FIND YOUR Y.

GET YOUR BODY COMPOSITION TESTED TODAY!

To Arrange for Your Test:
Contact Michelle Graham
315.782.3100 mgraham@nnyymca.org

YOUTH ARCHERY WINTER BREAK CAMP

February 21st - 24th

REQUIRED EQUIPMENT

Sneakers
Comfortable clothing (NOT Loose-fitting)
Water Bottle & Mask
Archery equipment provided

Program Fee:
Member: \$55.00
Non-Member: \$70.00
Military: \$65.00

INSTRUCTOR: JACOB SPENO

the Y YMCA

FIND YOUR FUN. FIND YOUR Y.