

SHEBOYGAN YMCA

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2024 SUMMER MOVING FOR BETTER BALANCE

JUNE 4 - AUGUST 29, 2024 (12 WEEKS - No class July 2 & 4)

Age 18+

Tues & Thurs.....1:00pm - 2:00pm

Member	\$50.00
Participant	\$75.00

Optum/Renew Active Members: Program cost covered with good attendance



HELPING PARTICIPANTS FEEL STRONG, STEADY, AND SAFE

Every 14 seconds, an older adult is treated in the emergency room for a fall. Every 29 minutes, an older adult dies from a fall-related injury (Centers for Disease Control and Prevention). In the United States, fall-related injuries are a major public health concern for individuals over 65 as well as those living with chronic conditions such as heart disease.

PROGRAM BACKGROUND AND SUMMARY

Moving For Better Balance is an evidence-based program developed by researchers at the Oregon Research Institute. Based on the principles of Tai Chi, this program offers a slow and therapeutic workout that addresses key components of fitness including flexibility, muscle strength, and balance.

A small group-based exercise program that can be offered in any community setting, Moving For Better Balance is led by a Y-USA trained instructor and teaches seven movements modified especially for fall prevention. Over the course of 12 weeks, the program is designed to take place two times a week and is supplemented by at-home practice.

PROGRAM BENEFITS

The program’s safe and supportive group setting provides an opportunity for participants to enjoy learning with like-minded adults and find relief from the isolation that can sometimes come from living with limited mobility. Specifically, classes are designed to provide participants with opportunities to interact with one another, which creates an important support system, a stronger community, and supports the participants’ overall health goals and well-being.

When combined with standard treatment, programs like Moving For Better Balance may also experience:

- Improved physical performance including balance, muscle strength, flexibility, and mobility, which leads to better functioning in daily activities
- Improved physical well-being including decreased blood pressure and improved cardiovascular and respiratory function
- Improved mental and emotional well-being including reduced stress
- Improved memory and cognition
- Improved self-esteem/confidence
- Improved sleep quality

This program is most successful for those:

- 65 years or older, physically mobile, with impaired stability and/or mobility

Program will be held at the Sheboygan YMCA with Rita Crook.

Participants - Check with our membership staff to see if you may be eligible for a Y membership through your insurance plan.



Tai Chi is the popular abbreviation of T'ai Chi Chuan, an ancient Chinese exercise system consisting of slow, relaxed movements that combine physical exercise with a meditation component. Studies suggest that Tai Chi may improve balance; reduce fear of falling; increase strength, functional mobility, and flexibility; increase psychological well-being; and reduce fall rates. It is safe, effective, and needs no equipment.