



YMCA Member Update • Summer 2010

YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Friends Tell Friends...

Amy Grafton and Rebecca Dangelo met at work seven years ago. They lost touch with one another over time with job changes, etc. Two years ago the friends became 'reacquainted' on Facebook. Rebecca was inspired by Amy's' postings regarding her weight loss and healthy living regimen. Amy had lost over 60 pounds since she became a member of the YMCA of Rock River Valley in August of 2008. Amy started her journey by attending a "ball-is-tic" class at the YMCA. She soon began working out 5 days a week, supplementing her class on Tuesdays and Thursdays with a Monday, Wednesday, Friday cardio session in the Training Center. Her commitment to burning 500 calories a workout at the YMCA and a healthy diet plan have culminated in Amy's running the Heritage Run 2 mile run in April of 2009, the Heritage Run 10K in April of 2010, and Rockford's half-marathon on May 16, 2010.

The Y has also been a great social outlet for Amy and her 2 girls Abby and Grace. "The kids know other kids from the Y. Everywhere we go they have their own social circle from their Y time. When I come in to the Y, staff know my name and the girls' names too! It is such a friendly family atmosphere."

Rebecca says Amy has no idea what an inspiration she has been. "Amy and I had kids about the same time, and we both had that 'baby weight' to lose. I saw her picture on Facebook and asked her how she got in such great shape? She told me she got in shape at the Y." After talking to her husband, Martin Ross, they decided to keep their kids busy over the long winter. They joined the YMCA of Rock River Valley in January of 2009. "At first we joined for the kids, but this year we decided we needed to do something to improve our

health." Martin was up to his highest weight ever and suffered from sleep apnea and headaches. Rebecca had zero energy and was not able to keep up with the kids. "All I wanted to do was sleep," said Rebecca. At that time, they both decided to find time for their own health.

Since January 2010, Martin has lost 55 pounds. He is a dedicated 5 am workout attendee. Rebecca attends a Monday/Wednesday 'Step' class and a Tuesday/Thursday 'Body Conditioning' class. She has literally lost inches and now can run circles around the two boys, Trevor and Alexander. Their first step was to dedicate time to get healthy. They tried working out together, but found success in discovering what worked best for each of them as an individual. Both Martin and Rebecca feel so much better. Rebecca states, "What I would like to tell parents is that I am a better parent because I am healthier. Give yourself this time to get healthy, not only for yourself, but for your kids. I want to be here for my kids as long as I can. Diabetes runs in my family and I know being healthy shows my kids to do all they can to choose health. People at the Y are great and they have great energy. The Y is just a great place to be!"

Y Membership Has Benefits

Did you when you show your YMCA of Rock River Valley ID Card at the Rockford Riverhawks ticket booth you will receive a **FREE** ticket for every ticket you purchase?

Did you know when you show your YMCA of Rock River Valley ID Card on Wednesdays at Anderson Gardens, for every adult ticket you purchase you will receive a **FREE** children's ticket?

The YMCA of Rock River Valley - your partner in health and fitness

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The Body, Mind and Spirit at Your YMCA

The Y is interested in your spiritual and mental health as well as your physical well being. To that end, we offer studies, classes, times for prayer, and other opportunities for spiritual strengthening throughout the year for Y members and the community. Here are some ways you can plug into your Y spiritually.

Bible Talk

Wednesday Nights at 5 - 6 pm in the Y-Cafe

You are invited to interact with inspiring discussions on what the Bible has to say. Drop in for 10 minutes or stay for an hour. Discussion time will provide you the opportunity to investigate the Bible, to ask questions about what it is, and to understand how it affects you. Everyone is welcome to come!

Prayer Gatherings

The prayer team will meet every Wednesday morning from 6:30-7:30am. We will be in the Log Lodge until June 2, and then in the Celebration Room of IDP from June 9th-September 1st. We welcome others to join us in prayer.

The Christian Emphasis Team

Meets every 2nd Wednesday of each month in the ID Pennock Celebration Room. All are welcome to come join.

Prayer Requests

A Prayer Box is located in the alcove of Juice Energy Cafe, adjacent to the front lobby in the Y's Pennock Branch. If you are in need of prayer or have a family member, friend, or circumstances that you'd like prayed over, you can anonymously drop off a prayer request. Your prayer request could be a thanks giving, a blessing, a celebration or a need for strength and direction. The Prayer Team will collect prayers weekly and pray for your request weekly. We want for you to know that you are supported, cared for and celebrated at your YMCA.

For more information. contact Gary Schwerin, Coordinator of Spiritual Development (815) 489-1115 or gschwerin@rockfordymca.org.

Thoughts on Prayer From The World's Great Religions

Baha'i

Prayer is the glue that cements a loving communion with God.

Buddhism

Prayer is part of the spiritual journey, transforming confusion into clarity and suffering into joy.

Christianity

Prayer is speaking to God...true prayer is not a burden; it is a time of spiritual refreshment.

Hinduism

Prayer is a continuous recitation that leads to purification of the mind and inner transformation. Prayer develops a communion with God and realization of the inner self.

Islam

Prayer is a consistent reminder of God and an opportunity to seek forgiveness and guidance from Him.

Judaism

Prayer is introspection, it provides the moment to look inside oneself and see one's role in the universe and one's relationship to God.

Take a moment to fill out the prayer request below and anonymously drop off at the YMCA's Prayer Box.



Winning the Battle Against Youth Obesity Y Programs Making a Difference

We are winning the battle against childhood obesity in the greater Rockford area with the YMCA's Youth Fit for Life (YFFL) lesson plans. YFFL, supported by a Carol M. White PEP Grant, is a physical activity/healthy behavior program with proven results delivered to children ages 5 to 12.



After three years, a study conducted by Dr. Jim Annesi indicates that significant progress is being made in the areas of increasing physical activity, changing behaviors, and reducing body mass index (an indicator of obesity). As many as 7,500 children have benefited from this work.

The lesson plans were first introduced in 2007. Incorporated into the YMCA after-school childcare program and summer day camp programs, the lesson plans were delivered by staff members who had no formal training in physical education or nutrition. The goals of YFFL are to increase voluntary physical activity above what is mandated in a structured PE class and prevent overweight and obesity in children through moderate/vigorous physical activity, nutrition information, and self-management/self-regulatory skills training.

The study was conducted by Jim Annesi, PhD., MSW, and Director of Wellness Advancement at the Metro Atlanta YMCA. According to Dr. Annesi, "The Youth Fit for Life program was associated with significant improvements in strength, cardiovascular efficiency, and flexibility. Significant improvements were found in body mass index when contrasted with changes expected though maturation over the program period." The results were so conclusive that the study was published by Walden University in the December 2007 issue of the Journal of Social, Behavioral, and Health Sciences.

The results were so impressive that the YMCA has incorporated the YFFL curriculum into the everyday lesson plans in the after-school program and is making them available to other youth-serving organizations. The impact continues to grow. In 2007, 54% of school-age youth engaged in 150 minutes of weekly moderate/vigorous physical activity; today that number is 72%. Additionally, because of the focused curriculum and behavior skills training, the attributes of self-concept, self-efficacy, energy, and mood for youth ages 9 to 12 have shown significant improvement over the last three years.

Integrating the YFFL components into children's daily experiences is an important step in changing the culture. Creating a cultural change in the program impacts the culture at the school and benefits the youth participants through healthy, improved lifestyles.

GIVING TOGETHER

Small gestures add up

Your Y is a community partner with many other nonprofit organizations. We support their efforts in helping make Rockford a good place to live and to raise a family. Over the course of a year Y members have stepped up and supported events like blood drives for Rock River Blood Center, Tools for School for Life Center, Peanut Butter Rally for Rock River Food Pantry, and most recently, the Baby Goods Drive for Crusader Community Health. Organized by students from the University of Illinois, College of Medicine, this year's drive brought in over 140 baby items including diapers, bottles, bibs, clothing, blankets, and teething rings. Thank you for your generous donations.



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only that ever has." Margaret Mead



Make This Your Best Summer Ever

All Y programs are tools used to accomplish our mission, achieve our vision of building strong kids, strong families and strong communities, and reinforce the our core values of caring, honesty, respect and responsibility. From traditional classes like swimming lessons and youth sports to specialty programs like Core Pole, Rock Climbing, and Baby Sign, your YMCA uses an asset-building approach in program delivery. Check out the summer program guide for a full listing of all YMCA classes and programs. Sign up today for your best summer ever.

Summer Program Session Dates:

Summer 1: June 7 – July 11 (5 weeks)

Summer 2: July 12 – August 15 (5 weeks)

You Belong - They Belong too...

Members that refer new members get a month free!

Each month almost 70% of the new members to your YMCA are referred by existing members...this makes members the Y's #1 referral source. New member referral forms are available at your YMCA Welcome Center. Simply fill out a form with the appropriate information that includes the name of your referral. Once the information is confirmed and processed you will get either a credit for one-month membership dues, or have your annual membership extended for one full month for free. To qualify, referred members must be full paid members. (Y-Assist membership referrals do not qualify for this special offer.) Thank you for letting your friends and family know how great it is to be a part of the YMCA family.



Did you earn a WHERE YOU BELONG t-shirt? Are you taking your t-shirt on vacation this summer? The Welcome Centers will be posting vacation spot snapshots from our members' travels beginning in June. Please see the Welcome Center for details.

Did you take the 65 Days to Better Health Challenge?

Return Service Requested

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