

# fact sheet:

## Health & Wellness

eliminating racism  
empowering women

**ywca**

St. Paul

### Community Need: Healthy Minds & Bodies

- Obesity has become a public health crisis. In the U.S.A., the rate has more than doubled since 1990, from about 12 percent to nearly 25 percent. Communities of color have seen the most rapid increases in obesity rates. (Center for Disease Control, 2006)
- As obesity rates climb so do the rates for heart disease, stroke, certain cancers, diabetes and high blood pressure. (Minnesota Department of Health & Blue Cross Shield of Minnesota, 2008)
- An estimated 71 million American adults now suffer from heart disease, stroke and other forms of cardiovascular diseases. (American Heart Association, 2010)
- As the baby boomers age, deaths from heart disease are projected to increase by 130 percent between 2000 and 2050. (National Institute of Health, 2008)
- Regular exercise is proven to prevent, treat or improve obesity, hypertension, cardiovascular disease, diabetes and asthma. It also is essential for managing stress and the symptoms of depression. (U.S. Department of Health and Human Services, 2002)
- Falls are the leading cause of death for people over 65. Exercise and strength training are essential elements in effective fall prevention programs. (Center for Disease Control, 2005)

# changing minds, bodies & lives



## Our Response: Putting Better Health Within Reach

The Health & Fitness Center (HFC) offers a wide variety of individual and group activities to support good health. A welcoming, inclusive atmosphere and professional staff empower people of all ages to live an active lifestyle, prevent and manage chronic medical conditions, reduce stress, and grow strong in both body and mind.

### Core Programs

#### Providing More Than a Workout

**Health & Fitness Memberships:** Grant unlimited access to the Health & Fitness Center's cardio and strength training equipment, pool, sauna and group fitness classes. Frequent fitness discounts and financial assistance help keep fitness affordable.

#### Keeping Members Moving & Motivated

**Group Fitness Classes:** Led by certified instructors and free to members, Group Fitness Classes offer a range of fun and challenging workouts. Options include water exercise, stretching, strength training, circuit training, cardio kickboxing, spinning and more.

#### Expanding Options & Providing New Choices

**Specialty Fitness Classes:** Offer specialized and/or advanced instruction to members and non-members of all ages. Classes include a wide range of options including Pilates, yoga, weight training, sports conditioning and dance.

#### Building Skills & Welcoming the Community

**Aquatics Program:** Provides expert swim instruction, coaching and water exercise as well as opportunities

for lap swimming, competitive swimming, open swim and pool rental.

#### Helping People Reach New Heights

**Personal Training & Fitness Services:** Provide personalized instruction, support and coaching to help individuals meet their fitness goals. A variety of training packages and assessments are delivered by nationally-certified personal trainers.

#### Investing in Health, Investing in Community

**Financial Assistance & Outreach:** Make healthy living accessible to individuals and families in the wider community, as well as the youth and families enrolled in YWCA Youth Development and Housing & Supportive Services programs.

### Health & Wellness by the Numbers:\*

Total Served: 4,746 people

Statistics:

Daily Visits	Weekly Visits	Annual Visits
531	3,716	193,788

Total Annual Investment in Putting Better Health in Reach: \$1,526,341

\*Based on 2009 Program Data (unaudited)