

THE SCOOP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OHIO VALLEY YMCA

EAST LIVERPOOL YMCA • CALCUTTA YMCA PROGRAM CENTER
TORONTO YMCA WELLNESS CENTER • GATEWAY WELLNESS CENTER
YMCA WELLNESS CENTER AT ST. JOHN ARENA

Summer 2016

ymcanet.org

VOLUME 2 ISSUE 6

CELEBRATE NATIONAL MEN'S HEALTH WEEK June 13-19, 2016



Take action to be healthy and safe and encourage men and boys in your life to make their health a priority. Learn about steps men can take each day to improve health.

Get Good Sleep

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

Toss out the Tobacco

It's never too late to quit. Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Also avoid secondhand smoke. Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

Move More

Adults need at least 2½ hours of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

Eat Healthy

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

Tame Stress

Sometimes stress can be good. However, it can be harmful when it is severe enough to make you feel overwhelmed and out of control. Take care of yourself. Avoid drugs and alcohol. Find support. Connect socially. Stay active.

Get the Preventive Medical Tests You Need

Pay attention to signs and symptoms such as chest pain, shortness of breath, excessive thirst, and problems with urination. If you have these or symptoms of any kind, be sure to see your doctor or nurse. Don't wait!

JUNE NEWSLETTER

JUNE IS MEN'S HEALTH MONTH

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

HARMONY WELLNESS AND MASSAGE

NOW TAKING APPOINTMENTS

For appointment call: 330-831-8472

Monday - Saturday 10:00am - 7:00pm

30 Minute Massage - \$30.00

60 Minute Massage
YMCA Members - \$55.00
Non-Members - \$65.00

CANCER SUPPORT GROUP

THE YMCA WELLNESS CENTER &
TRINITY'S TERAMANA CANCER CENTER

Thursday June 16, 5 - 6:30 PM

This group will meet the 3rd Thursday of every month at the YMCA.

GET CONNECTED

- ✓ Like us on Facebook
Steubenville YMCA
East Liverpool (Downtown) YMCA
Calcutta YMCA
- ✓ Visit us at online at
www.ymcanet.org

QUESTIONS, COMMENTS, IDEAS?

Contact Aimee Livingston, Marketing
at 740-264-7183 or
alivingston@ymcanet.org

SUMMER YOUTH DEVELOPMENT

YMCA Wellness Center at St. John Arena

PRESCHOOL SPORTS

In this program children will participate in fun new sports, learning the importance of exercise as well as socialization skills.

Ages 3-4

Tuesdays 10:00-11:00am

Summer Session: June 14 - July 19

BASKETBALL

BASKETBALL SKILLS AND DRILLS

Participants in YMCA youth basketball programs build skills, learn about teamwork, and focus on sportsmanship preparing them for key milestones on their developmental journey.

Thursdays 11:00am-12:00pm

Ages 7-12

Summer Session: June 16 - July 21

KINDERHOOPS

Participants will practice dribbling, passing and proper shooting technique while learning the value of participation, fair play, good sportsmanship, and proper attitude.

Thursdays 11:00am-12:00pm

Ages 5-6

Summer Session: June 16 - July 21

VOLLEYBALL

CO-ED VOLLEYBALL SKILLS AND DRILLS

The YMCA volleyball skills and drills program is for children (boys and girls) in grades 4-6. Players will learn the fundamentals of volleyball while implementing teamwork and developing friendships.

Grades 4-6

Wednesdays 6:30-7:30pm

Summer Session: July 6 - August 24

7TH & 8TH GRADE VOLLEYBALL LEAGUE

The YMCA volleyball program is for girls in grades 7 and 8. Our goal is to introduce the game of volleyball and to teach basic skills. Everyone plays and there are no tryouts. Kids will have the opportunity to learn the basic volleyball fundamentals such as serving, setting, hitting, and digging in a non-competitive environment.

Grades 7-8

Tuesdays & Thursdays 6:30pm

Summer Session: July 5 - July 28

For more information on upcoming programs please call: 740-264-7183.

SPORTS & PLAY

The Y is the starting point for many youth to learn about becoming and staying active, and developing healthy habits they'll carry with them throughout life. The benefits are far greater than just physical health. Participating in programs at the Y is about building the whole child, from the inside out.

CHILD WATCH

Current Child Watch Hours

Monday - Friday 4:30 - 8:30pm

Saturday 8:00 - 11:00am

Summer Child Watch Hours (Beginning June 13)

Monday - Friday 8:00 - 11:00am

Monday - Friday 4:30 - 8:30pm

Saturday 8:00 - 11:00am

YMCA TEEN STRENGTH

The Teen Strength Program allows young teen members to work out on their own after they have been guided by a trainer to learn the basics of strength training, cardiovascular conditioning and Wellness Center etiquette. An excellent program for teens ages 11-15 who wish to start an exercise routine. Two (2) one hour sessions must be completed.

Teens under the age of 16 are NOT permitted in the Wellness Center until after completion of the program. Teen members will then be able to utilize the Wellness Center safely and effectively on their own.

DID YOU KNOW?

Did you know that exercise lets you eat more?

Pound for pound, muscle burns more calories at rest than body fat. So the more muscle you have, the higher your resting metabolic rate. And, of course, you also burn calories while you're actually exercising.

All this means that "cheating" with a cookie once in a while isn't going to take you back 10 steps. "Can you eat anything? No. But you can afford to enjoy some of the things you really like when you exercise regularly. You can better get away with those things in moderation than you can when you're not working out.