

# Portage YMCA

Cardiovascular Disease is the leading cause of death in Porter County and Portage, IN is our most populous and underserved municipality. Our partnership with the Portage YMCA will ensure that residents have opportunity to participate in evidence-based programs targeted at enhancing their fitness and wellness and decreasing their risk of cardiovascular and other chronic diseases.



## **Program 1: EnhanceFitness**

EnhanceFitness is a program specifically designed to address the needs of adults with arthritis, older adults, individuals interested in increasing physical activity, and those with disabilities. The program focuses on arthritis-appropriate exercises with the following objectives:

1. Decrease the risk for falls
2. Increase social connections
3. Increase strength
4. Improve flexibility and balance
5. Boost activity levels
6. Elevate mood



## **Program 2: Diabetes Prevention Program (DPP)**

The Diabetes Prevention Program aims to prevent or delay type 2 diabetes by making evidence-based lifestyle change programs more accessible to individuals at risk. This program focuses on educating participants about healthier lifestyle choices to reduce their risk of developing type 2 diabetes.

## **Program 3: Blood Pressure Self-Monitoring Program**

Developed with support from the CDC's Division for Heart Disease and Stroke Prevention, the YMCA's Blood Pressure Self-Monitoring program empowers adults with high blood pressure to take control of their health. The program encourages regular blood pressure self-monitoring and incorporates other heart-healthy activities to help participants better manage their blood pressure.

