

**TOGETHER at the Y,
we can make a difference.**

Prescribe the Y is generously funded by Blue Cross Blue Shield of Rhode Island, The Frederick Henry Prince Memorial Fund, The van Beurn Charitable Foundation, The Walmart Foundation & The Newport County YMCA.

All children who complete the program will receive a FREE one year YMCA family membership!



**We help children
GET FIT WITH THE Y
& GET SET FOR LIFE**



PRESCRIBE THE Y

For more information, please contact:
Conor Nelson, Healthy Living Director
conorn@newportymca.org
401-847-9200 ext. 132



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Prescribe
the Y!**

**The Newport County YMCA
Health & Wellness Initiative
for Youth 8 – 12 Years**



**FREE 12-week wellness program offered
at the Newport County YMCA!**

Prescribe the Y is a comprehensive **12-week** program focused on increasing physical activity and establishing good nutritional practices to maintain or decrease BMI for children ages 6-12 measured at a BMI greater than 85%. Two **Wellness Coaches** will guide participants through one hour classes in **cardiovascular activity, strength training, and nutrition education.**



**WE'RE ALL IN THIS TOGETHER!
FAMILY DINNER NIGHTS**

Parents attend designated family dinner nights with their children twice per session to support their efforts and learn how to incorporate healthy eating into family life.

PROGRAM COMPONENTS

HEALTH COACHES work with children using traditional exercise methods to ease them into a fitness routine that is comfortable for them.

WEEKLY MEETINGS with wellness coaches and fitness professionals to establish and maintain healthier eating patterns and a more physically active lifestyle.

SUPPORTIVE ENVIRONMENT where children and their families can receive guidance, support, and the resources they need to develop lifelong healthy habits.

MEASURABLE GOALS ONE STEP AT A TIME

- Reduce or maintain BMI level
- Improve physical fitness level, nutrition knowledge, & confidence level
- Develop participants' understanding for the need to increase personal and family daily activity levels
- Improve lifestyle habits



JOIN PRESCRIBE THE Y!

1. Obtain a referral letter or recommendation from Aquidneck Medical in Newport or Portsmouth and fax it to 401.848.7521
2. Register by contacting **Conor Nelson, Healthy Living Director** conorn@newportymca.org 401-847-9200 ext. 132

PROGRAM LOCATIONS:

Newport County YMCA
792 Valley Road, Middletown RI 02842

Common Fence Point Community Center
933 Anthony Road Portsmouth, RI 02871

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