



**The Wayne County YMCA presents**

# **“In the Cardiac Direction”**

## **A Wellness Program**

**This program has been running successfully for 3 years at the Carbondale YMCA and is now being offered here at our YMCA.**

“In the Cardiac Direction” is an individualized exercise program for the prevention of heart disease. This is a flexible program in the proper mode, intensity, duration, frequency, and progression to ensure each participant’s cardiovascular fitness without exceeding the safe limits of exercise.

Education in the form of handouts and verbal presentations will be offered weekly and will include an understanding of the “Heart Health” diet, behavioral changes related to modification of positive risk factors, and signs and symptoms of exercise intolerance.

All participants must pre-register for the program and have an initial evaluation by the Registered Nurse, Sara Spoerri. Once deemed safe for the program the participant will meet with the dietician to evaluate and educate them on proper dietary needs. The participant will then meet with the Personal Trainer who will use the prescribed fitness program and guide. Program participants will have specific days and times they are allowed to use the facility.

### **Program Fees**

YMCA Full Year Members	\$35.00 Program Fee	\$20.00 per month
Non YMCA Members	\$50.00 Program fee	\$40.00 per month

**Starting September 15, 2011 Sign Up Now!**

**Your YMCA was able to start this program thanks to a grant from the  
The John and Helen Villaume Foundation.**

