



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# WELL TOGETHER

Improve your overall well-being with a signature  
12-week program designed exclusively for Y members.  
\$139 per person (an over \$700 value)

For more information, contact Fairview Lakes Community Health

(P) 651 257 8439

(E) [kbystro1@fairview.org](mailto:kbystro1@fairview.org)

To register, contact the Forest Lake YMCA

(P) 651 259 2133

Scholarships available



# Be Well and Make Lasting Change

**Whole Health Assessment:** Attend a one-hour consultation with a Fairview doctor and work together to create your own Personal Health Action Plan. This will identify specific and customized individual health goals designed to improve your overall well-being – physical, social and emotional.

## **Nutritional Consultations:**

Meet in a small group with a registered dietician to learn how healthy food choices can help you feel better and reach your wellness goals. An optional one-to-one consultation is also available for individuals needing additional support.

## **Healthy Eating Group Sessions:**

Learn about healthy eating, review popular fad diets, discuss processed foods, the relationship between salt, sugar and fat, and participate in the hands-on preparation of a healthy snack or meal.

## **Mind-Body Medicine Group Sessions:**

Discover how healing therapies such as meditation, guided imagery, visualization, and journaling help to manage life changes, stress, and illness. Learn what mindful eating is, and how it can help you improve your health.

## **Health Coaching and Physician Check-Ins:**

Review your progress toward your Personal Health Action Plan goals with a Fairview doctor. Meet by phone or in person with a Fairview nurse for support and encouragement, to learn how to manage chronic diseases, and to find community resources to support your health and wellness.

## **Wellness Consultation:**

Meet with a Y fitness professional in a one-on-one consultation to discuss goals and create a specific, individualized and measurable fitness plan that integrates into your Personal Health Action Plan. Also learn your daily caloric needs with a Body Gem Assessment to measure your resting metabolic rate.

## **Fitness Assessments:**

Receive customized fitness assessments such as body fat percentage, waist circumference measurement and basic strength and flexibility based on your whole health assessment and your YMCA Wellness Consultation.

## **Fitness Checkpoints:**

Review your fitness plan, revisit goals, and modify your plan when you meet with a Y fitness professional.

## **Twelve-Week Cardio Program:**

Receive a customized twelve-week cardio program that includes fitness equipment, group exercise classes, water exercise classes and more at the Y.

## **Optional Companion Programs include:**

- Free! Walk with a Doc
- Free! Health UP with Fairview
- Free! Living Well with Chronic Health Conditions
- Free! Mindfulness Based Stress Reduction
- YMCA Wellness Programs

**The ideal Well Together candidate is 30-60 years old with a BMI of 28+ and is ready, motivated and committed to change.**

**To determine your BMI, visit [www.bmi-calculator.net](http://www.bmi-calculator.net)**