

## Why Should I Join?

Participation in Fit for Life Club allows participants to take responsibility for their overall health and become able to meet the physical demands for employment.

Participation can lead to increased heart health, better sleep/less restless nights, improved coordination, healthy ways to deal with anxiety and teaching a positive body image.



### Consumers will learn:

- How being physically healthy has an impact on finding and maintaining employment
- Healthy food choices versus unhealthy
- Basics on exercising: stretching and cool down
- Why physical activity is important
- What being physically active can prevent, health-wise
- To become familiar with local city transportation
- To continue to develop independence skills

## Equal Opportunity in Service Delivery

No otherwise qualified applicant for service or program participant shall be excluded from participation, be denied benefits, or otherwise be subject to discrimination in any manner on the basis of race, color, national origin, age, sex, sexual identity, sexual orientation, religion, political beliefs or disability. No employee or other person shall intimidate, threaten, coerce, or discriminate against any otherwise qualified individual for the purpose of interfering with any right or privilege secured under one of the applicable civil rights laws, or because they have made a complaint, testified, assisted, or participated in any manner in an investigation, proceeding or hearing under one of the applicable civil rights laws. This policy covers eligibility for access to service delivery, and to treatment in all of the programs, services and activities. All employees are expected to support the goals and programmatic activities relating to nondiscrimination in service delivery.

To receive more information, please contact:



North Central Health Care

Person centered. Outcome focused.

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DEVELOPMENTAL DISABILITIES



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## Prevocational Services

FIT FOR LIFE CLUB



## Fit for Life Club

Preparing and Maintaining a Healthy Body to meet the physical demands of work & life



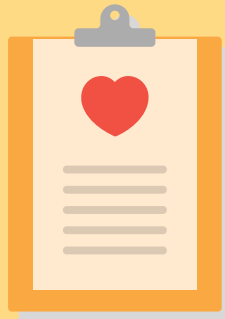
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# Fit for Life Club

Consumers can choose to participate from 1 to 5 days per week in Fit for Life Club. The main location for health activities is at the Woodson YMCA – Wausau Branch.

Other possible locations include Cedar Creek, Marathon Park, and other local parks. Activities may change depending on the weather.

Each session ends with consumers working with staff to review and log their daily activities. These tracking logs are used to help consumers monitor their progress in reaching their targeted goals.



Public transportation will be used whenever possible to help familiarize consumers on routes.

## What to expect in Fit for Life Club?

Club workouts at the YMCA may include:

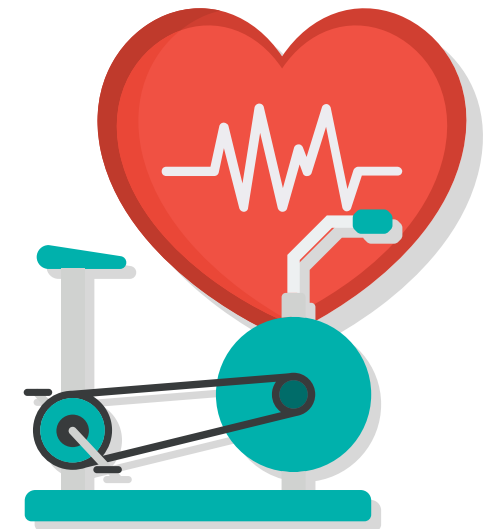
- Walking the Track
- Yoga
- Pilates
- Recumbent Bikes
- Tread-mills
- Step Climbers
- Swimming
- Free Activity Day
- Workouts Targeting Specific Areas of the Body
- Weight Lifting (hand weights or low impact)



Many jobs are physically challenging. Some require long hours of standing or walking. Others may require heavy lifting, bending or reaching. Fit for Life Club is here to help consumers get in shape so they are able to carry out the tasks needed for employment. Staff will also educate consumers on how to maintain a healthy lifestyle to get the most out of life. Creating the right health balance can help lead to success!

Activities outside of the YMCA may include:

- Snowshoeing
- Raking Leaves on Make a Difference Day
- Walking at Nine Mile
- Walking at Cedar Creek or Area Parks



*Prevocational Services Serves Adults with Developmental Disabilities in Wausau*