



YMCA Healthy Lifestyles Program

The YMCA Healthy Lifestyles program is designed by Stanford University Prevention Research Center and based on behavioral science to help you make a positive lifestyle change in your life.

This 10 month program meets twice a month for 75 minutes in a group setting with other members who are also trying to achieve a lifestyle change goal. The meetings are facilitated by a certified YMCA Healthy Lifestyles Instructor trained by Stanford University. Through monthly short term goals set by you and the support of the group we will help you achieve your long term goal.

Long term goal examples: Losing weight, reducing stress, exercising more, achieving better nutrition habits, quit smoking...

The group is confidential and is designed to provide positive reinforcement and inspiration as members draw strength from each other.

Arcadia <i>contact:</i> Scott McCloud, 596-2894	Barrington <i>contact:</i> Joe Martino, 245-2444
Bristol/Warren <i>contact:</i> Joe Martino, 245-2444	Coventry <i>contact:</i> Steve Aiello, 828-0130
Cranston <i>contact:</i> Eric Banville, 943-0444	East Greenwich <i>contact:</i> Steve Aiello, 828-0130
East Providence <i>contact:</i> Luca DelBorgo, 508-336-7103	Exeter/West Greenwich <i>contact:</i> Pat Smith, 783-3900
Johnston <i>contact:</i> Eric Banville, 943-0444	Middletown <i>contact:</i> Karin Clancy, 847-9200
Narragansett <i>contact:</i> Pat Smith, 783-3900	Newport <i>contact:</i> Karin Clancy, 847-9200
Pawtucket <i>contact:</i> Kim Voelxen 727-7900	Pawtucket <i>contact:</i> Karin Clancy, 847-9200
Providence <i>contact:</i> Nel Poisson, 521-0155	North Kingstown <i>contact:</i> Barbara Mackisey, 295-6501
South Kingstown <i>contact:</i> Pat Smith, 783-3900	Scituate <i>contact:</i> Eric Banville, 943-0444
Warwick <i>contact:</i> Steve Aiello, 828-0130	Tiverton <i>contact:</i> Karin Clancy, 847-9200
Westerly <i>contact:</i> Scott McCloud, 596-2894	West Warwick <i>contact:</i> Steve Aiello, 828-0130
	Woonsocket <i>contact:</i> George Brainerd, 828-0130

If you do not see your school district listed; please contact: Cindy McDermott at 521-9622 x145

Cost: Members \$90
(Or 6 monthly payments of \$15)

Program Members: \$150
(Or 6 monthly payments of \$25)

Note: There is a screening process for this program. All meetings must be attended in order to ensure success. Based on one's time and commitment levels, some applicants may or may not be ready for this program.

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Stanford Healthy Lifestyle Program

Overview

The Stanford Healthy Lifestyle Program is for individuals who wish to make a lifestyle change, usually in the areas of weight management, increased physical activity, improved nutrition, or stress reduction. Individuals who want to stop smoking may join the program to help them achieve this goal. However, due to the complex nature of smoking, it is highly recommended that these individuals also participate in a program specific to smoking cessation, while participating in the Stanford Healthy Lifestyle Program.

One unique feature of the Stanford Healthy Lifestyle Program is that it is firmly grounded in behavioral science. According to the Society of Behavioral Medicine:

Behavioral medicine is the interdisciplinary field concerned with the development and integration of behavioral, psychosocial, and biomedical science knowledge and techniques relevant to the understanding of health and illness, and the application of this knowledge and these techniques to prevention, diagnosis, treatment, and rehabilitation.

The Stanford Healthy Lifestyle Program was developed at the Stanford Prevention Research Center (SPRC). SPRC's focus is on disease prevention and in understanding the determinants of health, such as regular exercise, good nutrition, and weight control. Their mission is to turn research into practical programs that are disseminated to the community.

Unlike other programs, the Stanford Healthy Lifestyle Program has a focus on *gradual* lifestyle change and sustainable behavior patterns. The hope is that participants will slowly adopt healthier behaviors, which will eventually lead to improved health and well-being. For this reason, the program is longer than traditional programs. We would recommend that program participants meet in small groups for four weeks in a row, and then twice a month, over a ten month period (for a total of 22 sessions). Each group meeting is 75 minutes long. That said, the schedule and duration of the group meetings may vary, according to the needs of your organization (i.e., 1 hour session length to fit into a lunch-hour; once a month rather than twice a month.) We would recommend against doing the whole 22-session program in just 22 weeks, however, because the behavior change process takes time.

The groups are facilitated by an individual trained in health topics and behavioral science principles. While content is imparted in the groups, the main emphasis is on participants sharing their progress towards achieving their behavior change goal. Many individuals like the idea of being held "accountable" by reporting to the group. Participants are asked to focus their efforts on one aspect of a healthy lifestyle for the duration of the program (i.e., stress reduction, improved nutrition, increased physical activity, or weight management). However, due to the inter-connected nature of these behaviors, participants often cross over from one behavior area to the other. Individuals in the same small group may be working on different behaviors.