

What is YMCA Coach Approach®?

- A research-proven activity support system specifically designed to help non-exercisers, or starter and stoppers, to build a long-term commitment to active living
- Includes a **series of six 30-minute one-on-one activity counseling appointments** over six months with your own Wellness Coach who will:
 - work with you to set and achieve short-term goals
 - help you develop plans to overcome your typical activity barriers
 - teach you techniques and skills proven to help you stick with activity on a long-term basis
 - let you choose whatever type of activity you'd like to try, and will inform you of the various activities available throughout Central Okanagan

Who is this service for?

Those with physician diagnosed cardiovascular or respiratory related chronic conditions (e.g. diabetes, kidney disease, hypertension, COPD, asthma) and:

- Have an interest in getting started or re-engaging in exercise
- Have had difficulty maintaining activity goals in the past
- Are medically stable, therefore have physician approval to exercise on their own or in beginner level activity programs

How do I access this service?

You can be referred to this program if you are a participating client of one of the following:

- Arthritis Society – Okanagan Regional Centre
- IHA Central Okanagan Diabetes Program
- IHA / C.O.A.C.H. Heart Function Clinic
- C.O.A.C.H. Cardiac Rehab & Risk Reduction Program
- IHA Kelowna Renal Program (incl. Renal Nurse Practitioner, Renal Health Clinic, Renal Dialysis services and Renal Transplant clinic)
- IHA Kelowna Respiratory Program (incl. Asthma Care Centre, Respiratory Rehab Program, Community Respiratory Therapy and Pulmonary Function Lab)
- Approved network of Central Okanagan family physicians. Please contact your family physician to inquire if he/she is attached to a Central Okanagan Integrated Health Network.

Once the YMCA-YWCA Community Wellness Coach receives the referral from these services along with your doctor's approval to participate in non-medically supervised activity, the Coach will contact you to make arrangements for your first appointment.

Where do the YMCA Coach Approach® sessions take place?

Choose from any of the following locations:

- Kelowna Family YMCA-YWCA (Rutland)
- Parkinson Recreation Centre (Central Kelowna)
- Capri Mall (Central Kelowna)
- Mount Boucherie Community Centre (Westside)
- H2O Adventure and Fitness Centre (Mission) – beginning April 2009

However, you have the option to exercise at any facility of your choice, or even just engaging in activity independently within your own neighbourhood.

What does it cost?

\$35/person (plus GST)

As with all Y programs and services, our philosophy is to ensure that finances are never an obstacle to participation. If you cannot afford this fee, financial assistance can be arranged.

Coach Approach® is free for Y members.

For more information on this project, please contact Adriane Long: e-mail: along@ymca-ywca.com, phone: 765-5916 ext. 228

For general information about the YMCA-YWCA of Central Okanagan, please access our website:

www.ymca-ywca.com or call 491-YMCA (9622)