

The YMCA offers a great place for older adults to stay active in the company of friends. We strive to keep seniors healthy by providing programs and services geared to their needs and interests. The YMCA promotes self-reliance, fitness and mental well-being.

### Active Older Adult Programming

YMCA programs for older adults strengthen the whole

person. Socializing and volunteering have positive effects on the health of older adults, and exercise has proven to promote mental agility, longevity and good health. With that in mind, the

YMCA offers many

programs for older adults such as water exercise, yoga and stretching classes, and walking clubs.



YMCA Activate America is an innovative public health initiative of the YMCA movement that is making healthy living a reality for millions of Americans. Many Activate America programs suit the needs of older adults.



The YMCA not only helps seniors stay in shape, we also provide them with great employment opportunities.

YMCAs are recognized by organizations such as the AARP as a Best Employer for Workers Over 50. Success comes through offering flexible schedules, part-time employment and job sharing, as well as great benefits. The average tenure of employees age 50+ is 10 years.



**Take Action Now:  
Activate America!**

**YMCA**  
We build strong kids,  
Strong families, Strong communities.



YMCAs are committed to better serve health seekers and their families. We are dedicated to enhancing our role as leaders for health and wellness and pledge to engage partners to promote healthy living.



**The percentage of young people who are overweight has more than doubled in the last 20 years. Moreover, for the first time in modern history, today's younger generation will have shorter and less healthy lives than their parents.**

Each spring, YMCAs across the Empire State host a YMCA Healthy Kids® Day. This is an interactive special event that encourages children and families to adopt healthy lifestyles.

**The YMCA:  
New York State's Perfect Partner**



Step to a HealthierNY is a four county project led by the New York State Department of Health through funding from the Centers for Disease Control. Steps to a HealthierNY is designed to promote programs that encourage changes among individuals to reduce the burden of some leading causes of death, including heart disease, diabetes, obesity, asthma, and cancer. YMCAs are an active partner in the success of the Steps Consortium and take pride in its accomplishments.

