



FOREVERWELL



## ForeverWell Newsletter • February 2023

### YMCA OF THE FOX CITIES

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### A NOTE FROM KATE



I would like to share a motto I'm focusing on this year: **Strive for progress, not perfection.**

In the moment, we can be very hard on ourselves. Did I keep that New Years resolution? Did I move more last week? Did I cook at home? Have I kept up with friends? Did I start that new book?

One of the things I love about my Y family, is the motivation and encouragement I receive from our staff and instructors. Whoever I meet at the front

desk, greets me with a warm welcome and smile and makes me feel like I can do whatever I entered that building to do. It never matters if it is my third fitness class of the week, or first in two months our instructors are always reminding me of accommodations and helping me re-focus on where I am now.

I encourage you, to just show up! I always say, if you have gotten up today, got ready for the Y, drove to the Y and walked inside, more then likely, you have already done so much more then you typically would have just staying home on a Tuesday morning. Way to go!

Strive for progress, not perfection.

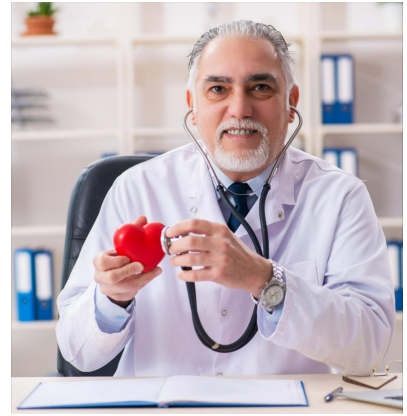
Kate Yates  
ForeverWell Program Director

# WHAT'S GOING ON AT THE Y?

## Heart Health Presentations

February is Heart Health Month and the Y wants to help you be heart-healthy! Cardiologists from the Heart & Vascular Institute will be at the Y to give presentations on various heart and vascular-related topics to help you stay healthy from the inside out.

We will be doing a drawing for **Free** Calcium Scores and Vascular Screening at each session for those in attendance.



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## S.T.E.M. for Seniors

**Fox West YMCA**

**Monday, February 27, 2023**

**1:00-2:00 PM**



Science, Technology, Engineering, and Math aren't just for kids in school. At the Fox West YMCA, we want to engage the mind in learning more about S.T.E.M., carrying out hands-on science experiments, and having tons of fun along the way. Each month a new topic will be discussed, experimented with, and explored.

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## Book Clubs

**Appleton YMCA**

**Heart of the Valley YMCA**

Join us for our monthly book clubs. Books for March, are available for pick up now at Appleton YMCA and Heart of the Valley YMCA. Inquire at the front desk.

**Appleton YMCA:** First Thursday of the month from 9:15-10:30 AM, starting in March

**Heart of the Valley YMCA:** First Wednesday of the month from 1:00-3:00 PM, starting in March



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## Armchair Adventures

**Fox West YMCA**

**Wednesday, February 8, 2023**

Want to get away to a beautiful, far-off place? Join us as we learn more about locations across the globe, experience various cultures, and see the beautiful landscapes. The best part is getting to do it all without having to leave Wisconsin.

Each month we will "visit" a new destination, so come join us as we travel the world!

## FROM OUR Y EXPERT



Cindy Baumgartner has been with the Y for more than 20 years working at both the Neenah-Menasha YMCA and the Ogden YMCA & Valley Tennis Center.

Cindy brings a wealth of knowledge about health & wellness, and the Y in general. She has done everything from Member Services to Group Fitness instructor and is currently our Health and Wellness Coordinator at the Ogden YMCA & Valley Tennis Center.

### Tips for a Healthy Heart

**Trivia Question:** What is happening in your body, about 100,000 times per day?**Answer:** One person's heart beats nearly 100,000 a day!

100,000 beats per day is an amazing number that we often take for granted. February is Heart Health Month and a wonderful time to focus on our amazing hearts and how to better take care of them. Here are 15 tips on how to keep your heart vital and strong:

1. Eat the good stuff: Make sure you're receiving a well-rounded diet of fruits, veggies, whole grains, low-fat/fat-free dairy, protein-rich fish, eggs, nuts and lean meats and "good" fats.
2. Limit the "bad" stuff: Examples include added sodium in pre-made items like sauces and added sugars in things like soda and desserts.
3. Keep healthy snacks around
4. Watch your portion control
5. Plan healthy meals ahead of time
6. Get and stay active
7. Mix up your type of activity, like strength training one day and cardio the next
8. Keep your routine fun! You will continue to engage if you are enjoying yourself
9. Schedule routine check ups with your doctor
10. Play an active role in your healthcare- Ask questions and record symptoms
11. Take care of your teeth: Studies have shown a link between gum disease and heart disease
12. Manage your stress level
13. Connect with others (safely): Social relationships can reduce high blood pressure
14. Practice daily self-care
15. Get enough sleep

Remember these basic rules to give your heart its best beating chance: Eat healthy, keep the heart pumping with movement rather than stress, create relationships with professional doctors or therapists, and learn the signs of poor heart health and what to do in an emergency.

Make 2023 your heart healthy year and move forward each year with a strong heart.

Cindy Baumgartner  
Health and Fitness Coordinator  
Ogden YMCA & Valley Tennis Center

# TRIP SURVEY

We want to hear from you! Where do you want to go? What do you want to do? Please, take a moment to answer a few questions regarding future trip opportunities.

[Trip Survey](#)



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## A LITTLE BIT OF FUN (AND HISTORY) FOR YOU



### Black History Month

Vel Phillips' life was a series of firsts. She was the first African American woman to graduate from the University of Wisconsin–Madison law school, the first to win a seat on Milwaukee's City Council, the first to become Secretary of State of Wisconsin, the first to become a judge in Wisconsin. More impressive, Vel did it all at a time when many African Americans were not allowed to exercise their civil rights. Learn more about Black History Month and the significant impact that African Americans have had on the history of our state.

[Learn More](#)

Click the button to learn about this impact through articles, artifacts and other important items that help tell the story of African Americans in Wisconsin.

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**Our Mission:** To put Christian principles into practice by promoting youth, adult and family activities that build a healthy spirit, mind and body for all.

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Follow us on:



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