

# E L E V A T E

## MULTI-PHASE PROGRAM



Health and Wellness Program



FREE FOR MEMBERS

DOWNTOWN YMCA

2300 13th St

TUSCALOOSA, AL 35401

BENJAMIN BARNES YMCA

2939 18th St

TUSCALOOSA, AL 35401

# ELEVATE YOUR LIFE

## Welcome to ELEVATE

While we recognize we are all unique, one thing we ALL have in common is that physical exercise is important for human health. In adults, physical activity does everything from increasing metabolism, to lowering the risk of chronic diseases, to improving mental health.<sup>1</sup>

## ELEVATE

is the YMCA of Tuscaloosa's NEW signature health and wellness program designed to be flexible enough for everyone from absolute beginners to seasoned athletes.

It's strength lies in its adaptability to you. Whether you are brand new to exercise and made a promise to lose weight and get healthier or you are an athlete with a goal you want to reach, this program meets you where you are and takes you where you want to go.

ELEVATE is a FREE comprehensive health and wellness program developed by the YMCA for our members. The Wellness team designed a program to focus on weight loss, strength and conditioning, managing chronic disease, and working with special populations such as those dealing with Parkinson's Disease, diabetes, etc.

Everything about ELEVATE is designed with our members' health and wellness needs in mind. It goes beyond exercise...it is a healthy lifestyle activator focusing on long-term results. The program not only includes physical activity, but also macro nutrient setting and mental mindset coaching.



# what to expect

ELEVATE

YOUR

AMBITION

- 1 Participant will register with YMCA staff.
- 2 Within one week the participant will be notified to set an orientation (approximately 1 hour) with a YMCA coach. Orientation will include the following:
  - Consultation
  - Baseline measurement
  - Facility and equipment orientation
  - Workout explanation
  - Timeline defined (explanation of future meetings)
  - Resources (food journal, goal sheet, etc.) discussed
- 3 Participant will begin Phase I of the multi-phase program of their choice.
- 4 Upon completion of Phase I, participant will receive Phase II. Check-in is optional.
- 5 Midline check-in will occur 6 weeks from initial start date. Midline measurements will occur on request.
- 6 Upon completion of Phase II, participant will receive Phase III. Check-in is optional.
- 7 Endline check-in will occur within the week following completion of program (Phase III).
- 8 Sign-up for your next ELEVATE program!



Weekly check-ins and correspondence will be provided, encouraged, and available at the request of the participant.



# ELEVATE YOUR HEALTH

## ELEVATE Pick your favorite or mix and match!

All ELEVATE programs can be scaled to any fitness level and ability to ensure a good, safe workout for all. The training programs can be done either in a group setting with a certified YMCA coach, on your own at either of our Tuscaloosa branches, or on-the-go or at home using our Workout of the Day (WOD).

### SHRED

for increased calorie burn and weight loss by engaging the whole body.

### STRENGTH AND CONDITIONING

designed to improve strength, muscle gains, and aesthetics.

### ENDURANCE

to build cardiovascular health and run faster, longer.

### GENESIS

for those who want to get started, are returning to exercise, or just want to maintain a healthy active lifestyle.



### WORKOUT OF THE DAY

for something new and different every day. Just follow the posted workouts in our facilities, on our website, and on our social media accounts. Can be done anywhere!



# **nutrition guidelines**

**ELEVATE  
YOUR  
FITNESS**

## **HYDRATION**

Your body depends on water to survive and proper intake during physical activity is important to prevent dehydration. The recommended daily water intake for men is 125 ounces (~15 cups). The recommended daily water intake for women is 91 ounces (~11 cups).<sup>2</sup>



### Hydration Tips

- Drink 17-20 ounces of water two hours prior to start of exercise
- Drink 7-10 ounces of water every 10 to 20 minutes during exercise<sup>3</sup>

## **DAILY CALORIC INTAKE**

Utilize the daily food journal provided or MyFitnessPal app to determine your total daily amount of calories you are consuming.



### Caloric Intake Guidelines

- Carbohydrates (4cal/g): 45-65% of total daily caloric intake
- Protein (4cal/g): 10-35% of total daily caloric intake
- Fat (9cal/g): 10-30% of total daily caloric intake



# **nutrition guidelines**

**ELEVATE  
YOUR  
NUTRITION**

## **CARBOHYDRATES**

Complex carbohydrates are rich in fiber and provide energy for working out—strive to incorporate these in your diet. Limit the amount of added, refined sugar to 100-150 calories (6-9 teaspoons) per day.

Common types of added sugar include cane sugar, high fructose corn syrup, and malt syrup. Over time, increased added sugar can have negative effects on your blood glucose levels and insulin sensitivity, increasing your risk of developing Type 2 Diabetes.

Sugar is a simple carbohydrate and can be stored as body fat if your body does not need it for immediate energy

## **PROTEIN**

Include a source of protein at every meal to rebuild muscle. Aim for lean proteins such as chicken and fish. Limit red meat to twice per week. Bake, broil, roast, or grill meats instead of frying. In addition to meat, dairy, soy, and legumes are good sources of protein.

Protein provides energy and supports your mood and cognitive function.

Protein is vital for building, maintaining, and repairing tissues, cells and organs.

## **TRANS FAT**

Trans fat is considered the worst kind of fat you can put into your body. It raises your LDL cholesterol (bad cholesterol) and lowers your HDL cholesterol (good cholesterol). Most of the trans fat in foods is produced through a process called hydrogenation, mainly for the purpose of extending the shelf life of the food. Many of the following food items contain trans fat: baked goods, snacks, fried food, refrigerated and frozen dough (biscuits, pizza, pies), creamer and margarine, and fast foods.

Check for the words "hydrogenated" or "partially-hydrogenated" to determine if the food item has trans fat in it



# **nutrition guidelines**

Take time to review your current food choices and consider which areas you could start incorporating healthier options.

**ELEVATE  
YOUR  
NUTRITION**

## **unhealthy options**

### **Refined Carbohydrates**

White bread, white rice, cereal, candies

### **Sugary Drinks**

Soda, juice with added sugar, sweet tea

### **Hydrogenated Oil (Trans Fat)**

Vegetable oil, margarine, fried chicken, baked goods/doughs from store

### **High Fat Proteins**

Steak, hamburger-limit weekly intake

### **Processed Snacks**

Chips, crackers, frozen appetizers

## **healthy options**

### **Complex Carbohydrates & Whole Grains**

Quinoa, oatmeal, brown rice, sweet potatoes, whole wheat or whole grain bread, beans

### **Drinks without Added Sugar**

Whole fruit juice/smoothie, tea (lightly sweetened or unsweetened), milk, water

### **Unsaturated Fats**

Nuts, seeds, avocados, olive oil, whole butter, make your own baked goods/dough

### **Lean Proteins**

Chicken, fish, legumes, nuts

### **Whole Food Snacks**

Fruits, vegetables, low sugar granola bars



# ELEVATE YOUR LIFE

## measurement

A certified YMCA coach will oversee participant testing. Baseline, Midline, and Endline measurements of weight, body mass, and blood pressure will be taken for each participant free of charge as part of program.

## WEIGHT

Each participant will utilize a basic scale (available at the Y) to record and track the overall body weight. Weight will be recorded at the baseline, midline, and endline meetings.

## BODY COMPOSITION

The body is comprised of lean tissue and fat tissue. The purpose of assessing body composition is to determine the relative amount of muscle versus fat. This measurement is important due to high body fat percentages being linked to poor health. A handheld bioelectrical impedance device will be utilized to assess body fat percentage.<sup>4</sup>

## BLOOD PRESSURE AND RESTING HEART RATE

Measuring blood pressure will assist participants monitor their risk for hypertension (high blood pressure). High blood pressure may eventually cause health problems such as heart disease. For adults, prehypertension is defined as a systolic blood pressure of 120-139 and a diastolic blood pressure of 80-89. Hypertension is defined as a systolic blood pressure of >140 and a diastolic blood pressure >90.

## MADE APP

ELEVATE includes a collaboration with the University of Alabama's Kinesiology Department. The MADE app will be free to utilize for ELEVATE participants as part of the program.





## frequently asked questions

### **Who can participate?**

Anyone is eligible to participate in ELEVATE.

### **How much does ELEVATE cost?**

ELEVATE is FREE as long as you have a membership at the Downtown Tuscaloosa YMCA or Benjamin Barnes Tuscaloosa YMCA!

### **Do I need any prior exercise experience?**

While it may be helpful to have basic knowledge, our YMCA coaches will be available to help you throughout your ELEVATE experience.

### **How will I use the MADE app?**

The use of the MADE app is entirely optional and up to the participant. A tutorial will be provided at the initial appointment.

### **Will I be provided additional support to help me stay on track and optimize my results?**

Each participant will have the opportunity to opt into weekly check-ins to assist them with their progress.

### **How do I sign up?**

Email [shendrix@ymcatusc.org](mailto:shendrix@ymcatusc.org) or contact anyone at our front desk to get started!



**TAKE THE NEXT STEP TO A HEALTHIER LIFESTYLE.  
MAKE YOUR APPOINTMENT TODAY FOR**

**E L E V A T E**

**For more information contact**

**YMCA of Tuscaloosa**  
[www.ymcatuscaloosa.org](http://www.ymcatuscaloosa.org)

**Sara Hendrix, Wellness Coordinator, YMCA of Tuscaloosa**  
[shendrix@ymcatusc.org](mailto:shendrix@ymcatusc.org)

**Downtown Family YMCA**  
205.345.9622

**Benjamin Barnes Family YMCA**  
205.759.4284



# REFERENCE LIST

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