

### Charitable Mission

The YMCA of Hamilton/Burlington/Brantford is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

### Our Vision

Creating healthy communities in which individuals and families have opportunities to reach their potential.

### Core Values

Caring, Honesty, Respect and Responsibility.

### Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make this possible. If financial circumstances are limiting your ability to participate, assistance may be provided. Please contact us for more information. All inquiries will be held in strict confidence.

#### Les Chater Family YMCA

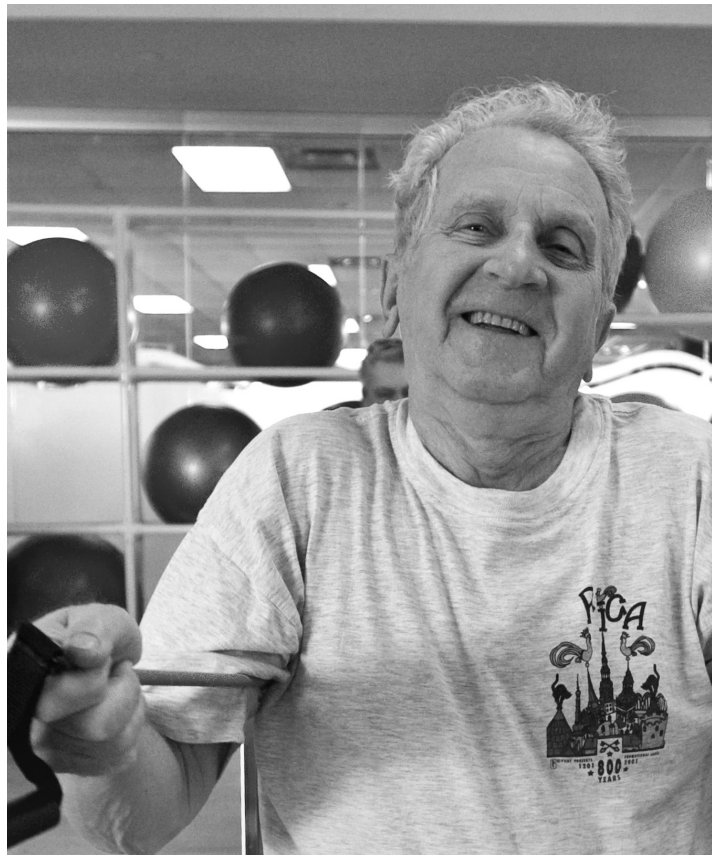
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Charitable Registration #10808 3825 RR0001



# Fit for FUNCTION

## Community Stroke Wellness Program



# Fit for Function

## Community Stroke Wellness Program

The YMCA of Hamilton/Burlington/Brantford, Hamilton Health Sciences and McMaster University have partnered to improve the health of our community. This community-based exercise and educational program is designed for stroke survivors and their caregivers to gain confidence in managing the challenges of living with stroke.



We are currently recruiting people who have had a stroke to participate in a research study. This study will find out whether individuals who have had a stroke will show improved health after taking part in the “Fit for Function” Stroke Wellness Program at the Les Chater Family YMCA compared to individuals who do not take part in this program.

All people who agree to take part in the study will be randomly assigned to either an **intervention group** who will receive the “Fit for Function” Stroke Wellness Program, or to a **control group** who will receive a regular YMCA membership. Participation for both groups is three months.

You will have an equal chance of being assigned to either group. The program will take place at the Les Chater Family YMCA and will be led by YMCA staff with support from a HHS physiotherapist

### The Program Schedule

Tuesday	2:00 - 3:00 pm	Functional Group Exercise
Wednesday	2:00 - 3:00 pm	Functional Group Exercise
	3:00 - 4:00 pm	Education
Friday	12:00 - 2:00 pm	Fitness Centre

If you are assigned to the control group, you will attend independent gym exercise sessions supervised by YMCA staff who will have basic training in safety and exercise for persons with stroke.

If you are assigned to the “Fit for Function” group you will be asked to attend 12 weeks of exercise and education sessions. The staff who will work with this group are trained to help people who have had a stroke to exercise safely and effectively. People in this group will attend:

1. A **group exercise class** including progressive functional exercises two times per week.
2. An **independent gym exercise session** one time per week.
3. An **education session** based on the Heart and Stroke Foundation’s “Living with Stroke” one time per week.

You are able to participate if you:

- Have had a stroke
- Are 18 years of age or older
- Are living in the community
- Are able to walk independently with or without an aid for a distance of at least 10 metres
- Are able to be active for 60 minutes with rest breaks
- Are able to independently follow instructions
- Have permission from your doctor
- Are not involved in active rehabilitation

For more information about the study or to sign up now, please contact:

Susanne Sinclair  
Study Coordinator  
(905) 525-9140 ext. 26833