



## A Message from Marisa

Marisa Scotti, Director, Membership Services

I want to thank each and every member for your continued commitment to the 92Y May Center for Health, Fitness & Sport and to your personal fitness program during the challenging days of this particularly harsh winter. Spring brings longer daylight hours, warmer temperatures, the start of baseball and softball seasons and our favorite membership rewards program: **92Y BUCKS.**

The 92Y May Center is truly a community-based facility; we embrace our current members and program participants, as well as those who have yet to join our community. 92Y Bucks was created 15 years ago to reward our existing members for encouraging friends and family to become part of the 92Y May Center community. While we remain loyal to our members—many of whom have been with us for more than 10, 20, 30

and even 50+ years—we are also committed to providing everyone in our community the opportunity to find lifelong health and fitness at the 92Y May Center.

This year brings a new opportunity to earn free gifts and 92Y Bucks. The 92Y May Center will host six free guest days during the upcoming 92Y Bucks campaign.

Not only will you receive a special gift\* for each guest you bring on the scheduled free guest days, you will also have the opportunity to earn \$200 in 92Y BUCKS when your guests purchase an annual membership.

Use 92Y Bucks toward membership renewal or the purchase of 92Y May Center personalized services, classes and programs.

## 92Y Bucks

### Free Guest Days!

Sun, April 10 or Mon, April 11  
Tue, May 10 or Wed, May 11  
Mon, June 20 or Tue, June 21

If you have not received your 92Y Bucks guest passes in the mail, or need additional passes, stop by the third floor desk.

Plus, your guests receive a free gift just for visiting\* and \$200 in 92Y Bucks upon joining.

92Y Bucks is our way to continue to expand the community we serve and the community we all share.



\*Free gifts while supplies last. Restrictions apply. Limit one visit per guest. Adults 18 years and older only. Guest must provide local ID. Valid April 10 or 11, or May 10 or 11, or June 20 or 21, 2011 only.

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# 92Y MAY CENTER



## Overcoming Fear of the *Water*

"The big lesson in life, baby, is never be scared of anyone or anything." That was Frank Sinatra's sage advice. But it's not always easy to put into practice. The National Institutes of Health estimate that 19 million American adults suffer from phobias, defined as irrational fears of something that poses little or no actual danger.

Now the 92Y May Center, recognizing that hydrophobia is more prevalent than most realize, is introducing Water Fear Wash-Away, a program that helps adults and children overcome their fear of being in and around water.

The sessions are run by Jeff Krieger, who developed the S.O.A.P. (Strategies for Overcoming Aquatic Phobias) program to teach people the skills and strategies that will enable them to ease their way into the water after years of avoiding swimming, boating and water sports. The program combines group and individual counseling and coaching on dry land with closely supervised time in the pool.

Krieger has spent his life in pools as a lifeguard, water safety instructor, aquatics director and competitive swimmer, so when he realized there were no programs that addressed people's fear of water, he created one. "We use behavior modification techniques to overcome the emotional issues at the root of people's fears. We try to give phobics a feeling of control to help alleviate the physical manifestations of their anxiety, such as nausea or sweating, which are often prompted by the mere thought of getting into the water."

Water Fear Wash-Away is offered in six one hour sessions. The adult classes are in small group settings and include group

discussions, breathing exercises and relaxation techniques. At the outset, less than a third of the class is spent in the pool, with most of the time spent sharing experiences, learning how to breathe in the water and learning relaxation techniques. Gradually, participants spend more time in the pool, treading water and learning basic swim strokes with the instructor at their side.

"It's great to see members of the class supporting each other," Krieger says. "The bond that develops among participants and with the instructor is incredibly powerful and crucial to success." Sessions are completely confidential and families and others who provide participants with personal support are encouraged to participate.

Many of Krieger's adult clients are middle-aged or older, he says. Many are entering a second phase of their lives, whether it's changing careers, retiring or becoming grandparents, and they're eager to conquer their fears. Some overcome

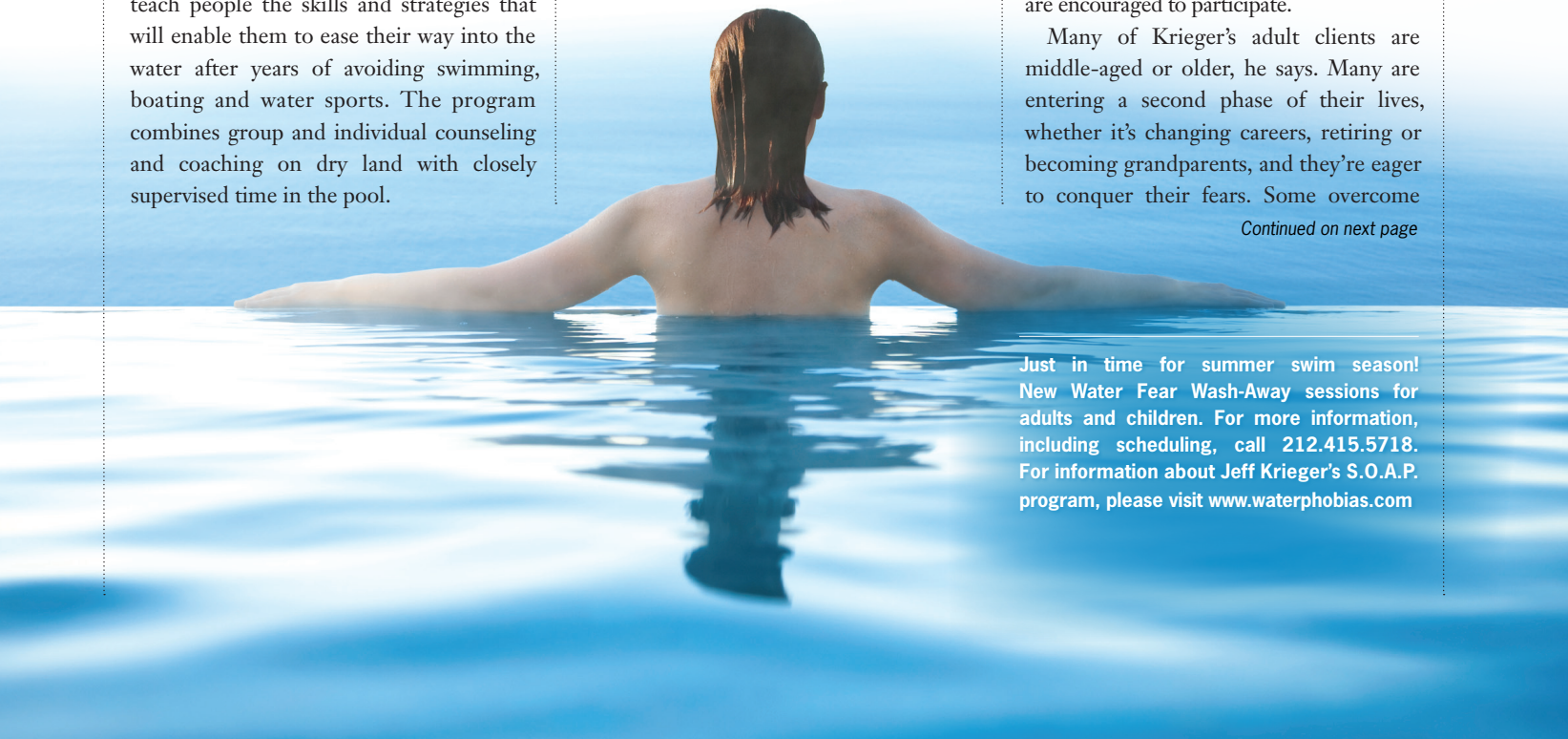
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## 92Y MAY CENTER

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www.92Y.org/MayCenter  
An agency of UJA-Federation

Be in the know—join our eNews  
at [www.92Y.org/eNews](http://www.92Y.org/eNews)

Open 7 Days a Week!



Just in time for summer swim season! New Water Fear Wash-Away sessions for adults and children. For more information, including scheduling, call 212.415.5718. For information about Jeff Krieger's S.O.A.P. program, please visit [www.waterphobias.com](http://www.waterphobias.com)



## Getting a Run for Your Money: 92Y Gives Runners the Opportunity to Compete in the NYC Half-Marathon

As any New York runner knows, the premier races in the city fill up quickly and are often closed to qualified racers. That's also true for the NYC Half-Marathon, held on Sunday, March 20. But although the race was sold out, 92Y was able to guarantee runners registration in the event. As an official charity partner, 92Y is fielding a race team of runners who raised money for the 92Y Youth Sports Scholarship Fund.

Runners on the team pledge to raise \$1,800 for the program, which provides scholarships to children whose families could not otherwise afford sports and fitness programs for their kids. Providing children with sports and fitness programs not only has health benefits, but also helps improve their self-esteem and self-discipline. 92Y believes that laying the proper groundwork among teens and adolescents now will increase the likelihood that they will grow up to become strong, healthy, self-sufficient adults. Every year, 92Y awards various scholarships, providing disadvantaged children with the opportunity for increased fitness.

In addition to guaranteed registration in the race, 92Y offered runners additional benefits. Participants received two months of free membership to the 92Y May Center, including access to the pool, and leading up to the race, runners took advantage of twice-weekly indoor and

outdoor training sessions conducted by 92Y certified personal trainers. They also received guidelines for self-directed training. In addition, runners received exclusive discounts on personal training sessions, massage therapy, acupuncture treatments and nutrition counseling at 92Y, as well as a T-shirt and water bottle. Runners received assistance in setting up personalized websites to facilitate the solicitation of online donations. But perhaps the biggest benefit to runners is knowing they've helped city kids develop healthy lifestyle habits.

"It's a great way to raise money for an important cause, while getting involved in their community," says Stacey Eisler, deputy director of the 92Y May Center. "And by making so many resources available to our team members, we're giving runners a way to safely train in a supportive setting."

Father and daughter Dan and Allison Lacoff are two of the volunteers who answered our call to represent 92Y in the NYC Half-Marathon. "We have always been involved closely with Jewish organizations, and the fact that they were raising money for their Youth Sports Scholarship program and benefiting children made it quite appealing for both of us," Don says.

For more information, or to donate to the 92Y Youth Sports Scholarship Fund, please call 212.415.5477.

## Fear of the Water *continued*

their phobia so completely that they now take kayak and canoeing trips.

"It's never too late to overcome your fear of the water," says Lane Wineski, 92Y May Center aquatics director. "We're delighted that Jeff Krieger is bringing his successful program to the 92Y May Center because, until now, there's been nothing in New York City that addresses this very real phobia."

People who successfully complete the program report increased confidence and self-esteem, says Krieger. For many people, it opens the door to deal with other challenges in their lives.

Water Fear Wash-Away for children employs many of the same techniques, but taught through games on a one-on-one basis to put kids at ease. "With kids, it's all about developing trust and having fun," says Krieger. "Watching a child go from a terrified non-swimmer to a beaming, confident kid eager to participate in an aquatic lifestyle is a great feeling."

## Staff Profile: Ron Golden

### Membership/Program Cultivation and Retention Manager



When 92nd Street Y opened its doors in 1874, no one could have foreseen that 137 years later there would be a need for someone to manage Flickr and tweets. But true to its tradition of innovation and reaching out to members in meaningful ways to them, last fall 92Y created a new position and hired Ron Golden to handle social media and networking for the May Center.

Golden is responsible for increasing the May Center's presence on Facebook, Twitter, Flickr and other social media outlets to engage members and build a sense of online community. The Facebook group of adult basketball players he launched to support the intramural league has exceeded expectations. This spring, he'll launch a 92Y May Center page for members and nonmembers alike. His fitness blogs are found on 92Y.org/blog

Although he's only been with 92Y for a few months, he feels he fits right in. "It's great to work with people who have such a clear and consistent focus on helping people," Golden says.

## Buzz

Shannon Leggett, PT

BACK TO SPORTS  
PHYSICAL THERAPY P.C.

As spring arrives, the 92Y May Center and Central Park will be full of runners eager to re-energize their running regimens. And it is not uncommon for physical therapists to begin seeing a variety of injuries attributed to the repetitive stress of running.

**There are six major factors that contribute to running injuries:**

**Scheduling.** Often runners increase their mileage too much, too fast, too soon. The joints and soft tissue are not equipped to handle excessive stress in a short amount of time and inflammation occurs.

**Surface.** People don't often realize that roads are sloped to facilitate proper drainage. If you are routinely running in the same direction (e.g. east to west) one leg is always going to be extended longer than the other. This causes an uneven distribution of force across both legs. To prevent this, periodically change directions or the side of the road on which you are running.

**Sneakers.** Different technology exists for different foot types (e.g. flat, neutral, high arch). Consider replacing your sneakers regularly to maximize their support. A simple formula to predict how many miles you can run before a new pair of sneakers is needed is: 75,000 miles divided by your body weight.

**Sufficient Strengthening and Stretching.** Muscles need to be strong and flexible to handle repetitive stress and appropriately absorb shock. Without adequate shock absorption, joint problems occur. To prevent pain, make

time to stretch and strength train—remember to include hip and core muscles.

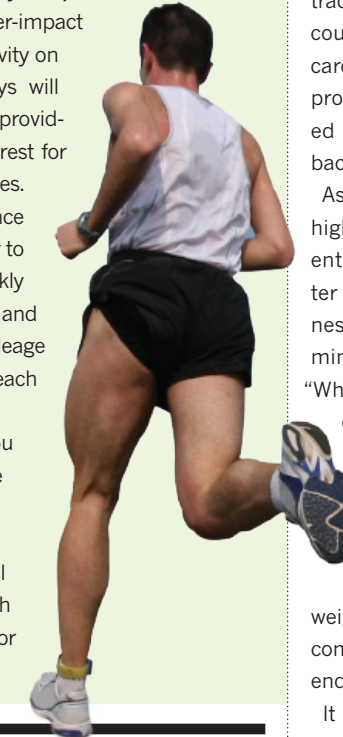
**Structure.** Genetics play a major role, and therefore, some runners are just naturally built with biomechanical factors that predispose them to injury. Often this is unapparent until an injury surfaces. If you are prone to injury, you must be even more diligent in following the steps above.

If injury does occur, it does not necessarily mean an end to running. Reducing mileage, frequency or pace may be all that is needed to reduce stress on your joints.

Substituting lower-impact cardiovascular activity on some running days will keep you fit while providing much needed rest for your injured tissues. If you only experience pain after a run, try to reduce your weekly mileage by 20% and spread the mileage more evenly over each running day.

We encourage you to visit us on the Mezzanine Level.

You do not need a physician's referral to get started with physical therapy or seek our advice.



## Member Profile: Jason Miller



When reading the 92Y May Center Activities schedule, Jason Miller enthusiastically says he's "like a kid in a candy store." Since joining the 92Y May Center, he has taken many different classes, from Break-Thru Fitness and Relentless! to Pilates and yoga. But, it's the spin classes he enjoys most of all.

A little over a year ago, he describes an a-ha moment when he saw a picture of himself and realized, "I was chunky." Determined to

reduce his 230-pound frame, Miller joined the 92Y May Center and, through proper diet and rigorous exercise, he lost 65 pounds in one year. He continues to work out at least three hours a day, six days a week, taking as many as three classes a day, in addition to the time he spends working out with free weights and doing cardio routines.

Miller can't say enough about the 92Y May Center, the staff, trainers and members. "The people are great," he says. "I've learned so much from the staff, but also from the members. We all look out for each other."

## Dave's Corner



Dave Schmeltzer, Director

## One-Stop Fitness

92Y has delivered a multi-disciplinary approach to attaining health-related fitness for decades now.

The founding fathers of 92Y (as of 1945 we can also include the founding mothers) were thinking way ahead of their time when they built an institution that included a large swimming pool, sports gymnasium, a running track, boxing room, yoga studio, handball courts, steam rooms, sauna, free weights and cardio equipment, in addition to the other major program centers. What we may take for granted today was probably considered unusual back then—but they were on point!

As the fitness industry becomes more highly specialized, with one-dimensional entities popping up all over, the 92Y May Center now presents even greater value for the fitness dollar, thanks in part to those progressive minds of yesteryear. They must have thought, "Why travel when you can have just about everything under one roof?" That rings even truer today!

Many 92Y May Center members partake in yoga, regularly followed by a swim. Many of our basketball players come off the court and then pump iron in the free weights room. Group exercise enthusiasts complement their classes with cardio endurance workouts on an elliptical or treadmill.

It is also terrific to note the hundreds of members who attend our *To Your Health* and *Navigating New-trition* lecture series to learn about the benefits of raw foods and going gluten-free, new therapies and surgical techniques for back pain relief, updates on breast cancer and celiac disease or enhancing overall well-being and maintain weightloss.

And where else could you watch a live closed-circuit program taking place a few floors below, taking in the conversations of Arianna Huffington, Oliver Sachs, Shirley MacLaine, Jack Welch, Robert E. Rubin, Jeff Greenfield and Elie Wiesel?

There is just about everything one would need, including on-site acupuncture, massage and physical therapy, plus a kosher cafe, all under one roof, to revitalize your life.