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**YMCA FIT AND WELL SENIORS PROGRAM HELPS SENIORS**

**TO STAY FIT WHILE AT HOME DURING THE COVID-19 CRISIS**

**WASHINGTON – March 31, 2020 –** The YMCA of Metropolitan Washington (The Y), with branches and program centers in Washington, D.C., Maryland and northern Virginia has served the Washington area for over 168 years. The YMCA of Metropolitan Washington’s goal is to ensure that it meets the critical needs of the community with vital services during the COVID-19 crisis. Services will include emergency childcare, virtual exercise and culinary classes, grocery distribution and blood drives.

As a signature program at the Y, the Fit and Well Seniors program aims to improve the health and well-being of seniors in mind, body and spirit. The program offers opportunities for exercise and social connectedness where seniors have developed friendships outside of the program. Fit and Well Seniors provides an environment that is fun, open and inviting. The virtual online classes are Free and available at the Y’s website at [www.ymcadc.org](http://www.ymcadc.org).

During the crisis of the COVID-19 virus, it was important that as a Y that we continue to be a resource for our seniors, said Janice Williams, Senior Vice President of Program Development. “We are getting very positive feedback from our senior population that are excited that the online program is available for them. Through the Fit and Well Seniors Program, seniors have been able to address health issues such as diabetes and high blood pressure. They are aware that continuing their exercise program is the key to maintaining a healthier lifestyle. During this time of social distancing, we try to ensure that our senior population remains connected to the Y.”

As one participant stated, “Thanks for helping DC seniors stay active during this health crisis.  I’m adding these workouts to my walking routine to really round out my exercise routine while we are away from classes.  I turned 65 today.  Marcia and I have participated in indoor sky driving, indoor skiing, walked in marathons and thanks to the Fit & Well program we have zip-lined, visited national parks and are challenging ourselves with a variety of exercise programs. Thanks for helping to keep me physically and mentally in shape.  I’m not done yet!”

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**About YMCA of Metropolitan Washington**  
The YMCA of Metropolitan Washington is a non-profit charity organization that has been serving the communities and families of Washington, D.C., Maryland and Virginia in the areas of youth development, healthy living and social responsibility, for nearly 168 years. Through opportunities in wellness, aquatics, youth sports, summer camps, childcare and more, the Y engages more than 250,000 individuals and families. Visit [www.ymcadc.org](http://www.ymcadc.org) for more information.