

## Building Abilities! Get Fit & Keep Fit!

The Northwest Kidney Centers and the YMCA have joined together to create a program that will help you improve your health for a minimal cost.

### **How does the program work?**

The partnership between NKC and the YMCA permits NKC patients to join the YMCA and have access to YMCA facilities (pools, gyms, exercise equipment) at a greatly reduced cost. The program includes most YMCAs in King County.

It's a great chance to improve your strength and fitness!

### **How do I apply?**

First, you need to obtain written permission from your kidney doctor to join the program. Your Social Worker or Nutritionist has a form for you to give to your doctor. Once your doctor has approved your enrollment, NKC will help with all the paperwork, including the financial eligibility paperwork. You don't have to go to the YMCA to apply.

### **What does it cost?**

First, because of the NKC/YMCA partnership, you won't have to pay the initiation fee of around \$100 – \$150 that other members have to pay.

Second, if you qualify for the sliding scale monthly membership fee, NKC will pay 1/2 of that cost. For example, if your monthly fee is \$50, NKC will pay \$25 and you will pay \$25. For many patients, the monthly payment may be as low as \$10 for a service that regularly costs between \$45 – \$65 a month.

### **Why have patients pay anything at all?**

All of us know how easy it is to sign up for an exercise program, and then never follow through! By attaching a monthly reminder, with a small expense, we hope to help you place more value on this great opportunity.

### **What about a training program?**

When you begin, you should request to meet with a YMCA trainer to develop an exercise program that will meet your specific needs.

### **More questions?**

Contact your NKC nutritionist.