

Questions and Answers related to the Step Up Seneca Get Active Be Well Program

What are the specific eligibility criteria?

The individual or family has to be **committed** to improving their health with frequent exercise. This means minimally going to the Athletic Center 10-12 times a month. I complete an interview screen with everyone who would like to join the program on the phone. Based upon this health screening, as well as, the level of commitment I then can make a referral to the Chiropractic College. The individual/family must be able to provide their transportation to and from the facility to meet the minimal attendance requirement. This is a 6 month commitment and if the minimal criteria are not met then the membership is discontinued. The college monitors the attendance on a monthly basis (of course, if there are extenuating circumstances that is taken into consideration). The goal of the program is to include diet and exercise as a way of life to improve the health of Seneca County residents who have struggled with added weight furthermore, increasing risk for chronic disease.

Is there income eligibility?

No. However, the intent of this program is to offer a membership to those individuals and families who would not typically be able to finance a membership (or have Medicaid) and is not intended for those who have private insurance that covers a gym membership. This is reviewed through the screening process and does not mean you have to have Medicaid in order to be eligible.

Must the individual/family reside in Seneca County or could they also qualify if they worked in Seneca County?

Participants must be Seneca County residents.

Are the facilities at NYCC 24-hour facilities or only set days/times?

It is not a 24 hour facility and the individual who goes through the program has the same benefits as a paying member. The times are reviewed when the participant attends the college for an initial meeting going over all the terms of a membership. Anyone can call the college to inquire about the Athletic Center.

Are the nutritional counseling services also located at NYCC or is this at another location or at the individual/family's residence?

They are at the college in the health center. This would include an initial meeting with the nutritionist and then scheduled follow-up appointments are made.

What are the free nutritional certificates?

As listed above. "Nutritional Certificates" refers to the numbers of individuals approved to receive nutritional counseling appointments at no cost (there usually is a cost involved). Not everyone who enters the program is interested in the nutritional counseling, this is optional. The appointments must be kept to continue with the nutritionist or at least advanced notice if a scheduled appointment needs to be canceled.

Will successful participants be able to participate again next year if they still have further fitness goals to reach?

This is reviewed around the fifth month of membership. If the participant has shown due diligence in meeting the program requirements another six months is offered providing a year total of access to the facility. However, this is all individual and is up to the college if they are willing to extend based on need. Beyond a year, if the participant wants to continue then they will have to pay the membership fee. There are decreased rates for seniors.