

NEWS RELEASE
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Exercise Can Lead to More ZZZZ's
PIONEERING PROGRAM PROMOTES EXERCISE
AMONG PEOPLE WITH SLEEP ISSUES
Old Colony YMCA in Joint Program with Reliable Respiratory

STOUGHTON, MASS. (Issued May 2011) -- Sleep specialists, fitness experts and healthcare professionals agree: diet, sleep and exercise are keys to good health and are tightly interrelated.

In a first-of-its-kind program to help people diagnosed with sleep-disordered breathing (such as sleep apnea) to get into an exercise routine, the Old Colony YMCA with 7 branches serving southeastern Massachusetts, and respiratory equipment supplier Reliable Respiratory are joining forces to encourage a healthier lifestyle among people in the communities they serve.

Under the program, for anyone who is prescribed Continuous Positive Airway Pressure (CPAP) therapy by their physician -- and obtains the equipment from Reliable Respiratory -- Reliable will pay for that individual's first 6 weeks of membership to the Old Colony YMCA. The new Y member must bring proof that their CPAP therapy is being provided by Reliable.

The program is in keeping with the Old Colony YMCA's participation and commitment to Activate America designed to captivate those who seek health but cannot seem to sustain it. The initiative involves building innovative partnerships to benefit everyone in the communities they serve.

An estimated 18 million Americans have sleep apnea, a sleep-related breathing disorder that leads individuals to repeatedly stop breathing during sleep. Bob Chase of Taunton (Mass.), a Registered Respiratory Therapist, 40-year pioneer in sleep and RT, and Clinical Director for Reliable Respiratory, says, "People feel restored when they are effectively treated for sleep apnea -- and are more willing to start exercising. Getting at least 7 hours of deep sleep each night can help your mood, improve learning and memory functions, and is a critical factor in your health, weight and energy level."

Chase adds, "Sometimes a person's weight can increase chances of sleep apnea. And chronic sleep deprivation can lead to high blood pressure, stroke or heart attack, and daytime sleepiness can result in highway or job-related accidents." Chase says 10% of Americans suffer from sleep apnea. He points to studies showing that sleep deprivation can also inhibit the ability to lose weight. "If you're tired, you'll sleep better. And CPAP can help you get that sleep," he says.

For details about the Old Colony YMCA / Reliable Respiratory program, contact Membership Director Ellen Greene at (781) 341-2016, ext. 262 / egreene@oldcolonyymca.org .

The Old Colony YMCA operates 7 branches in southeastern Massachusetts: Brockton, Easton, East Bridgewater, Middleboro, Plymouth, Stoughton and Taunton. (www.oldcolonyymca.org)

Reliable Respiratory, based in Norwood, is one of New England's leading home respiratory equipment suppliers, providing state-of-the-art respiratory equipment to help patients achieve maximum compliance that can result in a better quality of life. During 2011, the company is sponsoring 'CPAP Road Tours,' a series of free bi-weekly programs across Mass. and Rhode Island for people who have been diagnosed with or may have sleep disordered breathing. For dates, times and locations, call (866) 551-3335, ext. 0, or email rccpaproadtour@gmail.com, or visit www.reliablerespiratory.com.

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