

## We fight to improve the lives of people affected by cancer

### **LIVESTRONG** at the YMCA

- **LIVESTRONG** at the Y is a twelve-week, small group program that helps adult cancer survivors reclaim their lives.
- Medical studies show that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment.
- We are one of 252 Y's across the nation who offer this program.
- To date, **LIVESTRONG** at the YMCA has helped more than 10,000 cancer survivors and their families nationwide.
- **LIVESTRONG** at the YMCA meets twice a week for 75-90 minutes.
- There is one trainer for every six survivors. The max number of survivors per session is 12.
- The survivors must be committed and are encouraged to attend every class.
- Survivors find themselves struggling to get back to their normal lives after their diagnoses, treatments and surgeries. Aside from financial distress, they feel extreme fatigue, depression, and anxiety. That's where **LIVESTRONG** at the Y comes into play – to help survivors feel physically and emotionally strong enough to attempt adjusting to their “new normal.”
- **LIVESTRONG** at the YMCA is conducted at Y's, outside of medical facilities, to emphasize that we are about health, not disease.
- The goals of this program are to help participants build muscle mass and muscle strength, increase flexibility and endurance, and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life.
- In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.
- Our **LIVESTRONG** at the YMCA fitness instructors will work with each participant to fit the program to individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.
- There are many components to our **LIVESTRONG** at the YMCA, including strength training, cardio workouts, Tai Chi, Yoga, Zumba, Spinning, aerobics classes, massage therapy, support groups, and just days where survivors can sit, relax, and talk about their path to recovery.
- **LIVESTRONG** is more than just a program at YMCA's. The **LIVESTRONG** foundation looks at the experiences of the cancer community, finds problems and develops solutions. They offer support and the latest research to all survivors. Anyone can contact **LIVESTRONG** with questions.
- **LIVESTRONG** is run solely on grants and donations. Without them, we wouldn't be able to run the program!
- Potential participants should be referred to Linda Reilly @ 970-5022 or [linda.reilly@wbymca.org](mailto:linda.reilly@wbymca.org)