

TAKING ACTION CHANGING ODDS

LIVESTRONG® AT THE YMCA

LIVESTRONG at the YMCA is a 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals.

The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities (75-min., twice weekly sessions).

Certified YMCA trainers provide individualized instruction focused on endurance, strength, flexibility and balance.

Here's the best news - You don't have to be a member of the YMCA to participate and the program is free.

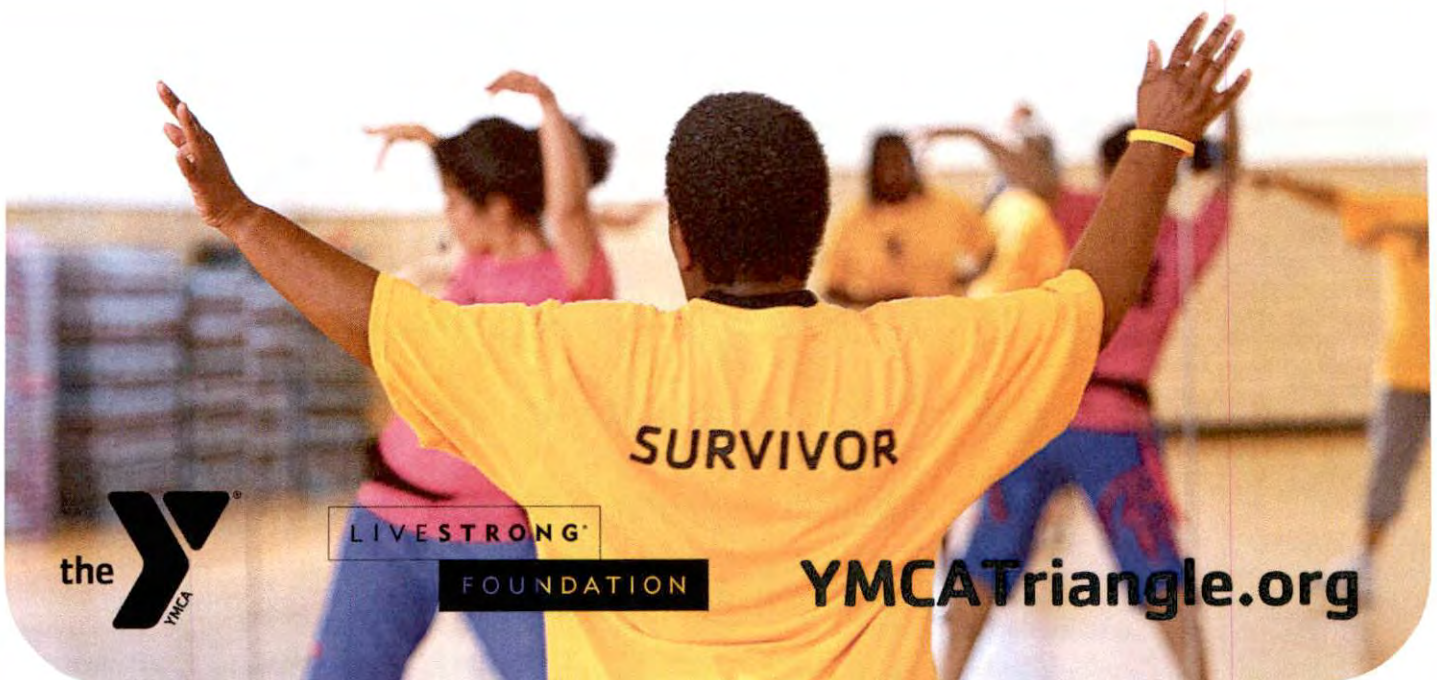
By focusing on the whole person and not the disease, **LIVESTRONG at the YMCA** helps people gain confidence through community as they rebuild spirit, mind and body.



Participate or invite someone to attend a session.

Contact Medical.Membership@YMCATriangle.org or contact Amy Ward at 919-582-9396 for more information.

Sessions are held at the Chatham YMCA - beginning Fall 2019.



LIVESTRONG®

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YMCATriangle.org



"As my body grows stronger so does my resolve to make the most of the rest of my life. My sense of resourcefulness and connection to others is returning. I have been given an incredible gift: the opportunity to rebuild my crumbling body, recover my wits and lift my spirits."

- Theodora Anne Merry,
Downtown LIVESTRONG® at
the YMCA participant



In the last two decades, it has become clear that exercise plays a vital role in cancer prevention and control.

There is a growing body of evidence that exercise decreases the risk of many cancers and data to support the premise that exercise may extend survival for breast and colon cancer survivors are emerging.

- American College of Sports Medicine,
Roundtable on Exercise Guidelines
for Cancer Survivors - 2010

For information on LIVESTRONG programs at the Chatham YMCA, please contact:
Amy Ward
Medical.Membership@YMCATriangle.org
919-582-9396



YMCA of the Triangle
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RENEW REBUILD RECONNECT

LIVESTRONG® AT THE YMCA



LIVESTRONG® AT THE YMCA

The Y and LIVESTRONG joined together to create Livestrong at the YMCA, a 12-week physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities.



Survivors work with YMCA certified instructors to build muscle mass, strength, flexibility and endurance while improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community for people impacted by cancer. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA helps people rebuild spirit, mind and body.



YMCA certified instructors implement safe and meaningful health and well-being activities for individual cancer survivors.

Survey Results from local LIVESTRONG at the YMCA* program. Participants stated:

- feel good when they participate in the group
- feel that the leaders of the program understand the skills needed to lead a physical activity program for cancer survivors
- value their experiences together
- support each other in making everyday choices to be healthy and live well
- strongly agree that they have made progress towards their health and well-being goals as a result of the program
- believe that they Y is a place that supports cancer survivors
- saw improvement in managing life's daily activities

*YMCA of the Triangle

LIVESTRONG AT THE YMCA REFERRAL AND MEDICAL CLEARANCE FORM

Dear Doctor or Nurse Practitioner:

_____ is considering participation in LIVESTRONG at the YMCA, a health and wellness program run by the YMCA in collaboration with LIVESTRONG. Due to his/her current physical status, your input is essential to insure a safe, effective and enjoyable experience for this person. Each participant must have a referral from a medical professional indicating the reason for the referral to the program.

Please indicate below your professional opinion regarding this participant's enrollment in the program. If you know of any medical or other reason(s) why participation by this person would be unwise, please denote on this form. By completing this form, you are not assuming any responsibility for our administration of this program.

If you have any questions or concerns, please contact the LIVESTRONG at the YMCA advisor. Thank you in advance for your time and assistance.

Program Coordinator _____

Phone _____

REPORT OF MEDICAL PROFESSIONAL

The participant was referred to the program to address the following: _____

The participant should not engage in the following activities: _____

Medical Professional's Name _____

Date _____

Signature _____

Phone _____

I give the YMCA of the Triangle permission to discuss my medical status with my physician to insure a safe, appropriate and enjoyable exercise program will be designed.

Signature _____

Date _____