



## **GROWING STRONGER TOGETHER**

LIVESTRONG AT THE YMCA

**DENNY PRICE FAMILY YMCA**

[www.enidymca.org](http://www.enidymca.org)

LIVESTRONG at the YMCA is a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person, LIVESTRONG at the YMCA is helping people move beyond cancer care in spirit, mind, and body.

LIVESTRONG at the YMCA is a 12-week group training program open to the public and financed entirely by scholarship funds raised through the YMCA Annual Community Support Campaign, donations and grants. Exercise prescription is available not only for the cancer survivor, but one support person as well. Participants and supporters receive one-on-one attention in a group setting, which creates a safe and comfortable workout environment. Upon successful completion with a least 75% attendance (18 out of 24 days), the survivor receives a one year adult membership at no cost to them!



**LIVESTRONG**

**FOUNDATION**

**LIVESTRONG** at the YMCA is a twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their “new normal”. The program is conducted outside of medical facilities to emphasize that **LIVESTRONG** at the YMCA is about health, not disease.

Our goal is 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.

YMCA fitness instructors work with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

The Denny Price Family YMCA will begin the **LIVESTRONG** at the YMCA program in 2018 and offer 3 sessions during the year. Each participant’s particular health concerns are considered throughout the program, and outcomes are carefully measured. These outcomes include cardiovascular fitness, strength, balance, flexibility, agility, self-efficacy for exercise, depressive symptoms and activities of daily living. In conjunction with YMCA of the USA and local medical partners, standard testing norms have been established and are carefully monitored.

Participants will experience yoga, cycle, water aerobics, and low –impact group exercise classes all while under the supervision of certified **LIVESTRONG** at the YMCA trainers and instructors.

For more information, contact Ashley Nichols or Kim Boeckman at the YMCA – 237-4645.

### **2018 SESSION DATES**

**February 10 – May 10**

**June 15 – September 15**

**October 1 – December 31**