

# TAKING ACTION, CHANGING ODDS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LIVESTRONG at the YMCA

### PROGRAM OVERVIEW

LIVESTRONG at the YMCA is an evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.

### DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Held in YMCA "Wellness Centers"
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified Instructors

### PROGRAM IMPACT

LIVESTRONG at the YMCA has proven to:

- Help survivors **MEET OR EXCEED** the recommended amount of physical activity
- Help survivors **SIGNIFICANTLY INCREASE** their cardiovascular endurance
- **IMPROVE** cancer survivors' overall quality of life and **DECREASE** their cancer-related fatigue

### WHO QUALIFIES?

Any adult 18 years old or older who is living with or beyond cancer treatment.

### 2017 CLASSES IN KNOXVILLE ENROLLING NOW:

CANSLER FAMILY Y (Downtown)	Mondays and Thursdays	6:30pm	7/31 to 10/26
DAVIS FAMILY Y (Farragut)	Mondays and Thursdays	1:00pm	7/31 to 10/26
DOWNTOWN Y (Downtown)	Mondays and Thursdays	9:00am	7/31 to 10/26
NORTH SIDE Y (Halls)	Mondays and Wednesdays	11:00am	9/18 to 12/13
WEST SIDE Y (West Knox)	Mondays and Thursdays	2:00pm	8/14 to 11/2

### FOR MORE INFORMATION, CONTACT:

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"We had 28 survivors participate in our 2016 pilot program at the YMCA of East Tennessee, and the results have been exciting and encouraging." – Vickey, YMCA VP of Healthy Living

"I love the group we have. I have made a commitment to them, and I am motivated to come even when I don't feel like coming because they're here with me. It helps that we support each other." – Reba, 2016 LIVESTRONG Graduate

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FOUNDATION