

TAKING ACTION, CHANGING ODDS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG® at the YMCA FACT SHEET: JUNE 2019

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

WHO QUALIFIES?

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

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

PARTICIPANTS REPORT:

- High levels of **SATISFACTION**
- **STRONG CONNECTIONS** with other group members
- **PLANS TO CONTINUE EXERCISE** after the program

THE PROGRAM'S REACH

Number of Y associations offering the program	286
Number of communities delivering the program	803
Number of states delivering the program	42
Number of participants served	71,548



LIVESTRONG®
FOUNDATION

References:

1. Irwin M, Cartmel B, Harrigan M, Li F, Sanft T, Wong C, Ligibel J. (2015, June). Impact of the LIVESTRONG at the YMCA program on physical activity, fitness, and quality of life in cancer survivors. Presented at the annual meeting of the American Society of Clinical Oncology, Chicago, IL.

PROGRAM SPOTLIGHT

"I am honored to be asked to speak to my experience as a member of the **LIVESTRONG** at the YMCA program at the Camarillo YMCA. A decade ago, I was diagnosed with Stage II B breast cancer. Last year, my oncologist and I were talking about how I was just a year away from the "finish line", but in June I was diagnosed with a recurrence of the same breast cancer, now a Stage IV bone metastasis. My doctor says it's incurable, but very "treatable" and he's confident I have many more "good years" ahead of me.

"Mind*Body*Spirit" is the philosophy embedded in every part of this program. You concentrate on it while you're in class and you reflect on it when you're away from class. Joining an exercise class, could be the furthest priority in mind when you learn your disease is terminal, but the **LIVESTRONG** at the YMCA program has imbued me with the faith, confidence, and grace to actively pursue survival.

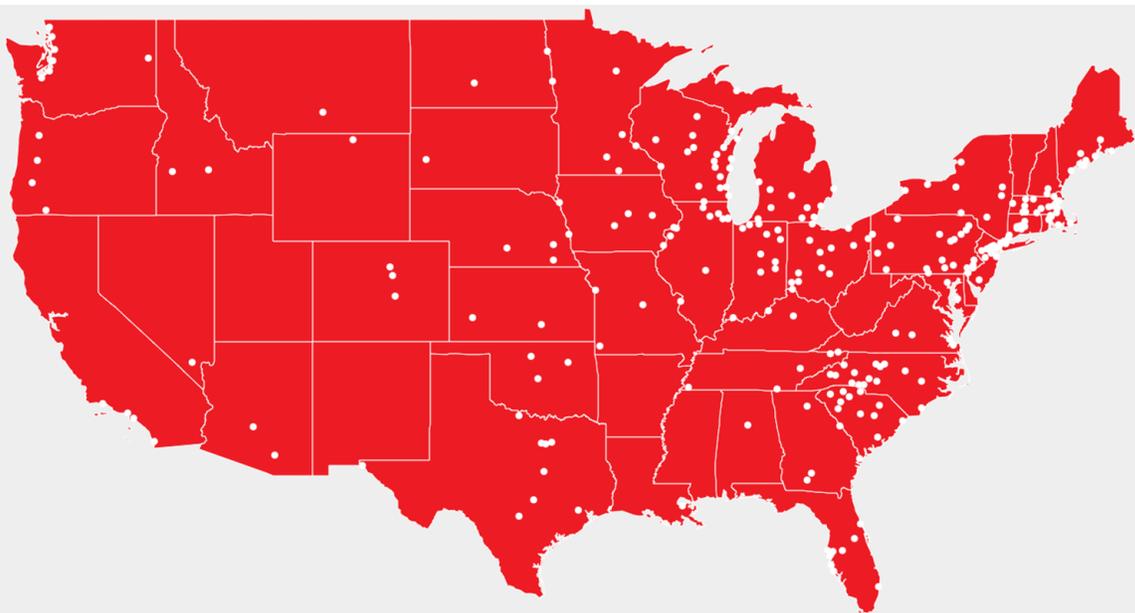
Cancer is the club no one seeks membership in. It's awkward to know what to say when someone like me shares a new diagnosis, even more difficult when you learn it's terminal. But if that does happen, you can ask them if they have heard about **LIVESTRONG** at the YMCA. (I wish I'd been involved with this program ten years ago.) Tell them you've heard it's an empoweringly transformational experience and wish for them to "make history" in their journey. **LIVESTRONG** at the YMCA has given me the hope I need to "make history".

- Participant, Channel Islands YMCA

LIVESTRONG at the YMCA National Footprint

For a complete list of sites, visit:

ymca.net/livestrong-at-the-ymca



TO LEARN MORE:
Contact ebhi@ymca.net