



“LIVESTRONG at the YMCA has made an incredible difference in my recovery from breast cancer. The treatments had slowed my metabolism and there were so many daily activities I couldn’t do. The coaches are patient and kind and showed me how to build up my strength without overdoing it. The survivors in the group all are very warm and friendly. Now, I am proud of what I can do. I feel like a different person.”

—Michelle, Huntington, N.Y.



L I V E S T R O N G<sup>®</sup> AT THE YMCA

Find LIVESTRONG at the YMCA programs at these regional YMCA locations.

- ▶ Door County YMCA
- ▶ Greater Green Bay YMCA
- ▶ Manitowoc-Two Rivers YMCA
- ▶ Marinette-Menominee YMCA
- ▶ Oshkosh Community YMCA
- ▶ YMCA of the Fox Cities

[www.YMCAsofNEwis.org/livestrong](http://www.YMCAsofNEwis.org/livestrong)



LIVESTRONG<sup>®</sup>

FOUNDATION



**PARTNERS  
IN HEALING  
THE WHOLE  
PERSON**

L I V E S T R O N G<sup>®</sup> AT THE YMCA

**MANITOWOC-TWO RIVERS YMCA**  
[livestrong@mtrymca.org](mailto:livestrong@mtrymca.org)



**As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start? LIVESTRONG at the YMCA can help.**

In 2008, the YMCA partnered with LIVESTRONG® to help cancer survivors begin the journey toward recovery with the LIVESTRONG® at the YMCA program. Part of the Y's commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

## How Does the Program Work?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free, 12-week program meets twice a week for 60-90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You'll focus on:

- building muscle mass and strength
- increasing flexibility and endurance
- improving confidence and self-esteem

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

## Taking It at Your Own Pace

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There's no competition here—physical activities are tailored to match only what you're able to accomplish.



## Expert, Caring Staff

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients to follow American College of Sports Medicine and American Cancer Society exercise guidelines. They're exercise experts who can understand your unique physical needs and concerns and help you to address them safely. They're also relationship builders with empathy and ability to connect with and develop relationships with and among cancer survivors and their families.

## The Need for LIVESTRONG at the YMCA

Medical studies have shown 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. And cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life. LIVESTRONG at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.

LIVESTRONG serves people affected by cancer and empowers them to take action against the world's leading cause of death. Created as the Lance Armstrong Foundation in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation offers additional services and resources for survivors at [LIVESTRONG.org](https://www.livestrong.org).