

# ABOUT LIVESTRONG®

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your mind and body. This program equips those living with, through, or beyond cancer to get back on their feet and connect with other survivors who want to begin to heal and reclaim their health, but where do you start? Livestrong® at the YMCA is here for you.

## More Information

To get more information, stop by the Membership Services Desk or scan the QR code to fill out the Livestrong Interest Form.



"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 instructors 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, NY

## Livestrong® at the YMCA

MANITOWOC-TWO RIVERS YMCA  
205 Maritime Drive  
Manitowoc, WI 54220  
920.482.1500  
mtrymca.org

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LIVESTRONG®

FOUNDATION

# RECLAIM YOUR ENERGY RECLAIM YOUR POWER

## LIVESTRONG® AT THE YMCA



MANITOWOC-TWO RIVERS YMCA

# TAKING ACTION CHANGING LIVES

Cancer is a life changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the Livestrong® Foundation have joined together to create Livestrong® at the YMCA, an evidence-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 mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, Livestrong® at the YMCA is helping people move beyond cancer in spirit, mind, and body.

To learn more about Livestrong® at the YMCA, contact:

Debbie Fuller, CPT-ML  
Program Coordinator  
920.482.1570  
dfuller@mtrymca.org



# HOW THE PROGRAM WORKS

Livestrong® at the YMCA focuses on you—the whole person—not the disease. This free, 12-week program meets twice a week for 75 minutes for adult cancer survivors who have become de-conditioned or chronically fatigued from treatment and/or disease. We will use traditional exercise methods to ease you back into fitness. During the program, you will focus on:

- Balance
- Muscle strength and endurance
- Flexibility
- Energy level and self-esteem
- Stress levels
- Supportive relationships

## Program includes:

- \* Free 12-week YMCA membership for the survivor and one family member
- \* Two, 75-minute classes per week
- \* A combination of individual and group workouts
- \* Workouts include cardiovascular exercise, strength and conditioning, and balance

## Criteria for program:

- \* Any adult who is currently going through cancer treatment or has gone through it in the past and wants to regain their health and well-being
- \* Strong personal desire—participant needs to enroll in program
- \* Must receive medical clearance and evaluated on individual basis
- \* Complete screening for and health questionnaire

# 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 individual attention and an approach to recover that targets the areas you need to rebuild. Physical activities are tailored to match what you are able to accomplish.

## Program Instructors

Our Livestrong® at the YMCA program instructors have specialized training/certifications in the elements of cancer, post-cancer exercise, supportive cancer care, group exercise, and fitness. They are exercise experts who can understand your unique physical needs and concerns and help you address them safely.

