

“The YMCA LIVESTRONG program has been a great experience for me. It has been wonderful to meet new people who share some of the same concerns. I have enjoyed the speakers we’ve had. I learned a lot about myself and others who are cancer survivors. The exercise has given me strength, hope and passion to take better care of myself. You have gotten me off the couch and made me enjoy exercising again”.

**LIVESTRONG® at the YMCA Participant**

“The LIVESTRONG program has been one of the most positive experiences in my life. It has helped me emotionally endure a false tumor report, periodontal and oral surgery, coined eye problems and being able to support a sister with post-surgical complications. I can’t say enough about the effects of exercise and encouragement during these times of stress”.

**LIVESTRONG® at the YMCA Participant**

I came to the YMCA as a 64 year old woman surviving breast cancer. After months of feeling pretty overwhelmed by it all, my breast cancer coordinator mentioned the LIVESTRONG program. It was my chance to escape the winter doldrums. With the help of our leader, Christina and a college intern the next 12 weeks were filled with challenges and laughter and camaraderie with my fellow survivors. I emerged both physically and emotionally stronger. I hope to be back to mentor and encourage other survivors.

**LIVESTRONG® at the YMCA Participant**



# FROM SURVIVING TO THRIVING

# LIVESTRONG® AT THE YMCA

## YMCA OF MARQUETTE COUNTY

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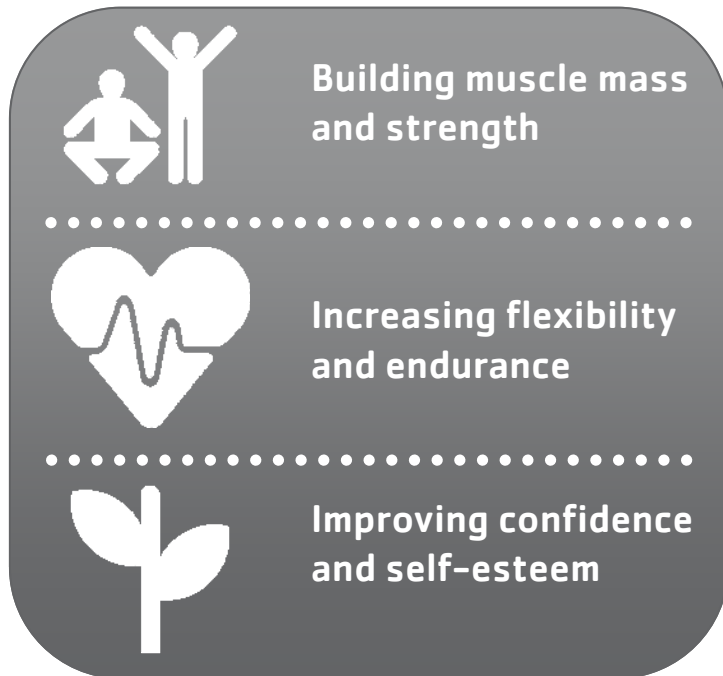
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## LIVESTRONG® at the YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, an evidence-based physical activity and well-being program, designed to help adult cancer survivors achieve their holistic health goals.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals, such as:



Additional goals include reducing the severity of side effects, managing unwanted weight changes, and improving energy levels. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA is helping move beyond cancer-in-spirit, mind and body.

If you would like to make a gift to the YMCA of Marquette County to support programs like LIVESTRONG® at the YMCA, please contact Jenna Zdunek at 906.227.9622.

## PROGRAM DETAILS

LIVESTRONG® at the YMCA is a cancer survivor exercise program in a supportive environment which is designed to improve cardiovascular fitness, strength, balance and flexibility. While we meet in a group setting, our trainers also identify individual needs of our participants, prescribe appropriate exercises and demonstrate options. The program is progressive and each participants is encouraged to work at their own pace while gradually being introduced to various exercise formats which include: walking; cardio and strength machines; free weights; core and balance exercises; and flexibility training. We utilize a variety of exercise equipment such as: elastic bands and tubes; exercise balls and more. Participants are also introduced to group exercise classes which may provide options for additional group participation and support their future and lasting exercise program.



- Class runs 2 times a week for 12 weeks – each class is 90 minutes.
- Survivors must enroll him or herself in the program and complete intake interview.
- Survivors must have strong personal desire to be enrolled into the program.
- Classes are under the direction of LIVESTRONG® at the YMCA certified instructors.
- This program is free. Non Y members who participate in the program will receive a complimentary Y membership for the duration of the program.