

# ABOUT

LIVESTRONG at the Y is a FREE 12-week wellness program designed for cancer survivors who have become deconditioned or chronically fatigued from their disease and/or treatment. Survivors work with an exercise specialist to improve strength, flexibility, and confidence, and develop the tools they need to take their wellness journey with them beyond the program.

We strive to support cancer survivors in the transition between completing their treatment, and the shift to feeling physically and emotionally strong.

This program is open to all cancer survivors, whether you're five days cancer-free, 15 years in remission, or still in the fight. There is no specific timeframe—you're welcome at any stage of your journey.

# BASIC PROGRAM INFORMATION

- The program meets twice a week, with each class lasting around 90 minutes.
- Meetings include personalized workouts, special group fitness classes, community-building with other cancer survivors, and more.
- Participants receive a free YMCA membership for the duration of the program to help continue their wellness journey outside of formal class times.
- The program is open to participants ages 15 and up.

# HELPING YOU LIVE BETTER

## QUESTIONS?

Contact our Wellness Coordinator at 203.754.9622 ext. 155

LIVESTRONG AT THE Y IS FULLY FUNDED BY DONATIONS



Scan the QR Code or visit [bit.ly/3PH4km0](https://bit.ly/3PH4km0)

Select "Livestrong" in the campaign dropdown. We also accept donations at the Front Desk!



LIVESTRONG

FOUNDATION



# LIVE STRONG

FREE 12-Week Wellness Program for Cancer Survivors



Greater Waterbury YMCA

# BENEFITS OF EXERCISE FOR CANCER SURVIVORS

An expansive body of research shows the relationship between exercise and cancer survival. Exercise is safe and effective during and after treatment, may reduce treatment symptoms, enhance perception of health, and more! Exercise positively impacts:

- Quality of life
- Symptoms/side effects
- Cardio-respiratory fitness
- Fatigue
- Depression and anxiety

Functional ability exercise also improves your overall health, helping to:

- Improve your mood
- Manage your weight
- Boost energy
- Promote better sleep
- Combat heart disease, lung disease, hypertension, and more!

## UPCOMING SESSIONS

LIVESTRONG is offered on an ongoing basis. To learn more or to view upcoming session information, visit our site!



Scan the QR Code with your smartphone's camera app or visit: [bit.ly/gwymcalivestrong](http://bit.ly/gwymcalivestrong)



## WHAT TO EXPECT

The goal of LIVESTRONG is overall wellness.



Participants learn ways to improve strength and cardio-respiratory fitness such as using exercise machines, free weights, resistance bands, and more.



We explore stress management and mindfulness. All activities are adaptable and broadly based on each participant's health history. We strive to find activities that give survivors the tools they need to continue their wellness journey beyond the 12-week program.



Our team is specially trained to work with cancer survivors, and follows the American College of Sports Medicine and American Cancer Society exercise guidelines. Each instructor has specialized training in the areas of cancer, post-cancer exercise, nutrition and supportive cancer care.

## ADDITIONAL BENEFITS

FREE 12-week YMCA membership for the duration of the program



Exclusive LIVESTRONG® t-shirt



A lifetime YMCA membership discount after completion of the program.

## AMBER'S STORY

Going through LIVESTRONG allowed me to reclaim my body following cancer treatment through exercise and allowed me to meet others who understood what it was like to get a cancer diagnosis. Now, as a LIVESTRONG Instructor, I find joy and purpose in guiding other survivors through the program, regardless of where they may be in their cancer journeys.

## PARTICIPANT TURNED INSTRUCTOR!

