



SC ALLIANCE OF YMCAS

# TAKING ACTION CHANGING ODDS LIVESTRONG® AT THE YMCA

## 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

## PROGRAM REACH IN SC

Number of SC YMCA Associations delivering the program	<b>10</b>
Total Class Locations in SC	<b>25</b>
Number of SC counties being served	<b>27</b>
Number of certified instructors	<b>84</b>
Number of survivors served	<b>688</b>

As of 6/30/19



LIVESTRONG

FOUNDATION