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

<table>
<thead>
<tr>
<th>Description</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of SC YMCA Associations delivering the program</td>
<td>10</td>
</tr>
<tr>
<td>Total Class Locations in SC</td>
<td>25</td>
</tr>
<tr>
<td>Number of SC counties being served</td>
<td>27</td>
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<tr>
<td>Number of certified instructors</td>
<td>84</td>
</tr>
<tr>
<td>Number of survivors served</td>
<td>688</td>
</tr>
</tbody>
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As of 6/30/19