



LIVESTRONG

### About LIVESTRONG®

LIVESTRONG serves people affected by cancer and empowers them to take action against the world's leading cause of death. LIVESTRONG is a leader in the global movement on behalf of 28 million people around the world living with cancer today. Lance Armstrong, who while fighting his own battle with cancer, recognized the lack of resources available to those facing the disease. In 1997 he created a foundation for the purpose of helping others manage life through and beyond cancer diagnosis. Since then, the foundation, now known as LIVESTRONG, has become a symbol of hope and inspiration to people affected by cancer around the world. The foundation provides free materials and private support services which are available at LIVESTRONG headquarters in Austin, TX and online at: [www.LIVESTRONG.org](http://www.LIVESTRONG.org). Known for its iconic yellow wristband, the LIVESTRONG Foundation has raised more than \$500 million for the fight against cancer and served over 2.5 million people.

### About the Y

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. Across the U.S., 2,700 Ys engage 21 million men, women and children – regardless of age, income or background – to nurture the potential of children and teens, improve the nation's health and well-being and provide opportunities to give back and support neighbors. Anchored in more than 10,000 communities, the Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. For more information, visit [ymca.net](http://ymca.net).

For additional information, please contact:  
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#### My Appointment For a LIVESTRONG® at the YMCA Consultation

My Name: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_ With: \_\_\_\_\_

Time: \_\_\_\_\_ A.M. / P.M. At: Altru Family YMCA, Grand Forks, ND



Altru Family YMCA  
215 North 7th Street  
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LIVESTRONG



**ALTRU FAMILY YMCA**  
GRAND FORKS, NORTH DAKOTA



LIVESTRONG

## LIVESTRONG® at the YMCA

### A Physical Activity and Well-Being Initiative for Cancer Survivors

LIVESTRONG® at the YMCA is a physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals. The Altru Family YMCA was one of 16 Ys to receive a grant to implement the program as a result of the 2011 LIVESTRONG® Community Impact Project, an online community voting campaign, bringing the foundation's overall investment in the survivor care program to \$2.3 million.

"Research shows exercise is the simplest way for cancer survivors to reduce fatigue, improve their mood and bounce back from the debilitating effects of cancer treatment more quickly," said Andy Miller, LIVESTRONG Executive Vice President. "But there weren't enough programs to help people affected by cancer reach their health and well-being goals, so LIVESTRONG and the Y joined forces to create LIVESTRONG at the YMCA. The Y is the perfect collaborator because of its national reach, commitment to meeting the needs of all community members and history of program innovation in support of health and wellness."

LIVESTRONG at the YMCA is part of a multi-year collaboration between YMCA of the USA, the national resource office for the Y, and the LIVESTRONG foundation, a leader in the global movement on behalf of 28 million people around the world living with cancer today. LIVESTRONG at the YMCA, launched in 2006, is designed to improve the health and day-to-day quality of life for the country's growing population of cancer survivors and their families. By the end of 2011, LIVESTRONG at the YMCA was offered at approximately 90 Ys around the country. To date, over 6,000 cancer survivors have participated in the program nationwide.

[www.livestrong.org](http://www.livestrong.org) • [www.ymca.net](http://www.ymca.net)

[www.wearyellow.com](http://www.wearyellow.com) • [www.gfymca.org](http://www.gfymca.org) • [www.altru.org](http://www.altru.org)

## What We Do

We are privileged to offer LIVESTRONG® at the YMCA at the Altru Family YMCA in Grand Forks, ND! With the help of our Altru Health System partners, including the Altru Cancer Center and Altru Outreach Therapy, our certified instructors and coaches are engaging our participants through an approach that focuses on the whole person. While we work on building muscle mass and strength, increasing flexibility and endurance, and improving functional ability, we are also focusing on the emotional well-being of survivors and their families. By providing a supportive community environment, we can help people affected by cancer connect with one another during treatment and beyond.

For class schedules, please visit: [www.gfymca.org](http://www.gfymca.org), under the tab "Healthy Living", click on "Health, Well-Being and Fitness". In the menu on the left you will find "LIVESTRONG at the YMCA". Or call Patt at the Y: (701) 775-2586



## LIVESTRONG® AT THE YMCA

### 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 participant 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; BOSUs; 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.

Classes run 2 times/week for 12 weeks - each class runs approximately 75 min.

A caregiver, family member or friend is welcome to attend the program with the participant.

Classes are under the direction of LIVESTRONG at the YMCA Certified Instructors, YMCA instructor coaches, and Altru Physical Therapists.

The program is free. Non-Y members who participate in the program will receive a complimentary Y membership for the duration of the program.

An Alumni class has been formed to provide LIVESTRONG at the YMCA graduates an opportunity to continue to meet and exercise with friends.