

# IMPROVING LIVES



## LIVESTRONG® at the YMCA

**A Physical Activity and Well Being Initiative for Cancer Survivors**

Research shows that exercise is the simplest way for cancer survivors to reduce fatigue, improve mood and bounce back from the debilitating effects of cancer treatment more quickly.

LIVESTRONG® at the YMCA is a free physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals. Launched in 2007, LIVESTRONG at the YMCA is designed to improve the health and day-to-day quality of life for cancer survivors and their families.

LIVESTRONG at the YMCA is part of a multi-year collaboration between YMCA of the USA and the LIVESTRONG Foundation, a leader in the global movement on behalf of over 32.6 million people around the world living with cancer. The Y was chosen as a partner because of its history of strong program innovation and support of health and wellness in communities throughout the nation.

LIVESTRONG at the YMCA is offered at over 691 YMCAs around the country. To date, over 56,976 cancer survivors have participated in the program nationwide. The Altru Family YMCA has served nearly 300 area cancer survivors since the program was introduced in 2012.



## FIND YOUR STRENGTH



LIVESTRONG®  
AT THE YMCA

**A free physical activity  
and well-being program  
for cancer survivors.**

Altru Family YMCA, Grand Forks, ND

## PROGRAM DETAILS

**LIVESTRONG** at the YMCA is an exercise program for cancer survivors in a supportive environment. The program is designed to improve cardiovascular fitness, strength, balance, flexibility and overall well-being.



While we meet in a group setting, our trainers identify individual needs and prescribe exercises and activities appropriate for each participant.

The program is progressive and each participant is encouraged to work at their own pace while gradually being introduced to various methods of exercise: walking, cardio and strength machines, free weights, core and balance exercises, flexibility training and more. We utilize a variety of tools such as bands, tubes, hand weights, BOSUs, fitness balls, and more. Participants are also introduced to a variety of group fitness class formats such as water exercise, group cycling, SilverSneakers®, Yoga and many others. Guest speakers are invited to present on nutrition, lymphedema and other topics of interest.

- Each session runs 2X/week for 12 weeks. Classes are approximately 75 minutes long.
- A caregiver or family member is welcome to accompany the participant at no charge.
- This program is free. Non-YMCA/Choice members receive a complimentary YMCA pass for the duration of the session.

## WHAT WE DO

Our focus is to provide a community environment where we can help people affected by cancer connect with one another during treatment and beyond, while becoming stronger in spirit, mind and body.



With the help of our Altru Health System partners, including the Altru Cancer Center and Altru Outreach Therapy, our certified instructors and coaches engage our participants through an approach that focuses on the whole person.

While we build muscle mass, strength, flexibility, endurance and overall functional ability, we also focus on the emotional well-being of cancer survivors and their families.

### Upcoming Events

**OPEN HOUSE**  
Sept 5, 2018

5:30–7:00 pm

**NEW CLASS STARTS**  
Sept 24, 2018

4:15–5:30 PM

### CONTACT

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**L I V E S T R O N G**® AT THE YMCA

## 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 the over 32.5 million people around the world living with cancer. 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 known as **LIVESTRONG**, has become a symbol of hope and inspiration to people affected by cancer around the world. The **LIVESTRONG** FOUNDATION provides free materials and private support services.

For assistance go to: [www.livestrong.org](http://www.livestrong.org) or contact headquarters at: 1-855-220-7777

## 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 YMCA has the long-standing relationships and physical presence not just to promise but to deliver lasting personal and social change. For more information about the Y, visit: [www.ymca.net](http://www.ymca.net)

The Grand Forks YMCA was opened in 1886 as a collaboration between 6 community churches. Our current facility was built in 1969 and includes a swimming pool, fitness center, gyms, exercise classes, racquetball courts, many special programs and more. The Altru Family YMCA is open to men, women and children of all faiths, races, abilities, ages and income. For more information visit: [www.gfymca.org](http://www.gfymca.org).