



LIVESTRONG[®] AT THE YMCA

YMCA OF METRO NORTH

Join LIVESTRONG at a YMCA of Metro North Branch.

Demakes Family YMCA
40 Neptune Blvd.
Lynn, MA 01902
781-842-8811

Saugus Family YMCA
298 Main Street
Saugus, MA 01906
781-233-9622

Melrose Family YMCA
497 Main Street
Melrose, MA 02176
781-665-4360

Torigian Family YMCA
259 Lynnfield Street
Peabody, MA 01960
978-977-9622



Scan QR code to learn more and submit an inquiry request to join LIVESTRONG or visit www.ymcametronorth.org/cause-driven-programs/livestrong-at-the-ymca/.

LIVESTRONG at the YMCA of Metro North is generously supported by Boston North Cancer Association.



OVERVIEW:

LIVESTRONG at the YMCA is a wellness program designed to help adult cancer survivors reclaim their health and well-being following a cancer diagnosis. The Y creates 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.

This 12-week program focuses on physical activity and social connections that have been proven to help decrease fatigue after treatment and increase energy and overall quality of life. Survivors participate in free customized exercise regimens catered to their individual needs from certified fitness instructors. Our trainers are trained in cancer survivorship, post-rehabilitation exercise and supportive cancer care. Survivors and their families receive a membership at the YMCA for the duration of the program.

PROGRAM DESCRIPTION AND GOALS:

- 12-week program with two 90-minute sessions per week.
- Sessions are hosted in small group, supportive environments and facilitated by YMCA certified instructors.
- Each session includes cardiovascular conditioning, strength training, balance and flexibility exercises.
- Pre and post participation evaluations to include functional and quality of life assessments.

PROGRAM IMPACT:

LIVESTRONG at the YMCA has been 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

BENEFITS OF LIVESTRONG:

- High levels of satisfaction.
- Strong connections with other group members.
- Plans to continue exercise after the program.
- 20% off the cost of a YMCA membership for LIVESTRONG alumni after program completion.

COST:

LIVESTRONG at the YMCA is a free program for adults 18 years or older who is living with or beyond cancer treatment. LIVESTRONG participants and their caretaker also receive a full 12-week membership to the YMCA of Metro North.

ELIGIBILITY:

LIVESTRONG is available to any adult 18 years or older who is living with or beyond cancer treatment.

IMPACT BY THE NUMBERS

Number of participants Nationwide	76,952
Number of YMCAs offering LIVESTRONG	631
Number of states delivering the program	42

