



**LIVESTRONG AT THE YMCA**  
YMCA of Metro North

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## 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.

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## 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.



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## 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
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## OVERVIEW:

- 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.



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## 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

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## ELIGIBILITY:

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

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## IMPACT BY THE NUMBERS

Number of participants nation wide: **76,952**

Number of YMCA's offering LIVESTRONG: **631**

Number of states delivering the program: **76,952**





# JOIN LIVESTRONG AT THE Y

Available at These Locations

## **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: <https://bit.ly/LivestrongY>



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