

Benefits of exercise for cancer survivors

An expansive body of research points to the relationship between exercise and cancer survival. Exercise is safe/effective both during and after treatment, and may reduce symptoms, enhance perception of health, and more! Exercise positively affects:

- Quality of life
- Symptoms/side effects
- Cardiorespiratory fitness
- Fatigue
- Depression and anxiety
- Functional ability

Exercise also improves your overall health, helping to:

- Improve your mood
- Manage your weight
- Boost energy
- Promote sleep
- Combat heart disease, lung disease, hypertension, and more!

Upcoming sessions

LIVESTRONG® at the YMCA is offered on an ongoing basis. To learn more or to view upcoming session information, visit ymcacassclay.org/livestrong



Questions?

Contact our Fitness Coordinator at 701.356.1453 or fitness@ymcacassclay.org



YMCA of Cass and Clay Counties

Fercho YMCA | 400 1st Ave. S, Fargo ND | 701.293.9622
Schlossman YMCA | 4243 19th Ave. S, Fargo ND | 701.281.0126
ymcacassclay.org/livestrong | [@ymcacassclay](https://twitter.com/ymcacassclay) | [#ymcacassclay](https://www.facebook.com/ymcacassclay)



LIVESTRONG® at the YMCA

FREE 12-Week Wellness Program
for Cancer Survivors



LIVESTRONG

FOUNDATION



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CANCER CENTER



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About LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a FREE 12-week wellness program designed for cancer survivors who have become deconditioned or chronically fatigued from their disease and/or treatment. Survivors work with an exercise specialist to improve strength, flexibility and confidence, and develop the tools they need to take their wellness journey with them beyond the program.

LIVESTRONG® at the YMCA strives to support cancer survivors in the transition between completing their treatment, and the shift to feeling physically and emotionally strong.

Basic program information

The program meets twice a week, with each class lasting around 75 minutes. Each meeting includes a variety of activities, including workouts, nutrition coaching, community-building with other cancer survivors, health lectures, and more. Participants also receive a free YMCA membership for the duration of the program, to continue their wellness journey outside of formal class times.

LIVESTRONG® at the YMCA is available at both YMCA fitness facilities, and is open to participants ages 15 and up.

What to expect from the program

The goal of LIVESTRONG® at the YMCA is overall wellness. Participants learn many ways to improve strength and cardio-respiratory fitness, including using machines, free weights/resistance bands, and more. We also explore activities like yoga, pilates, and water exercise. Activities are adaptable, and broadly based on each participant's health history. We strive to find activities that give survivors the tools they need to continue their wellness journey beyond the program duration.

The LIVESTRONG® at the YMCA team is specially trained to work with cancer survivors, and follows the American College of Sports Medicine and American Cancer Society exercise guidelines. Each instructor has specialized training in the areas of cancer, post-cancer exercise, nutrition and supportive cancer care.

Additional benefits

- **FREE 12-week YMCA membership, during the program duration**
- **Participants may choose a support person, who also attends the program.** This individual also receives a free 12-week YMCA membership. Must be 15+.
- **Exclusive LIVESTRONG® at the YMCA t-shirt**



LIVESTRONG® got me into the routine of coming to the gym again. I was absolutely amazed at the progress that I made! I felt so much stronger, and so much like my old self. I am so grateful!

—Ann Overby, LIVESTRONG® participant





Medical Clearance Form

General Information

date	patient's date of birth
patient name	patient phone number
physician name	physician phone number
patient email address	physician fax number

Physician's Report My patient, listed above, is:

- not cleared to exercise at this time
- cleared to exercise with no restrictions
- cleared to exercise with the following restrictions/recommendations:

physician name	physician signature	date
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Please return completed form to the Fitness Coordinator by fax: 701.232.9545 or email: fitness@ymcacassclay.org. You may also complete this form online at ymcacassclay.org/livestrong.



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Medical Clearance Form

Note to Physicians:

Your patient has requested to participate in LIVESTRONG® at the YMCA, a 12-week cancer survivor wellness program at the YMCA of Cass and Clay Counties. At the start of this program, your patient will participate in a fitness assessment, including a six-minute walk test, a one-repetition max test for upper and lower body, and a balance and flexibility test.

Following this assessment, your patient will partake in cardiorespiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant, based on their needs and interests, and any recommendations you may have as their physician. LIVESTRONG® at the YMCA is designed to start at an easy level and progress in difficulty throughout a 12-week period. All assessments and activities will be administered by qualified personnel, trained in conducting exercise tests and fitness programs.

Based on the LIVESTRONG® at the YMCA intake form, your patient has indicated a diagnosed medical condition, coronary risk factor, and/or health condition that require a physician's clearance prior to participation in the LIVESTRONG® at the YMCA program.

By completing the form on the back of this sheet, you are not assuming responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reasons why participation in the LIVESTRONG® at the YMCA program would be unwise for your patient, please indicate so on the form.