



“LIVESTRONG at the YMCA has made an incredible difference in my recovery from breast cancer. The treatments had slowed my metabolism and there were so many daily activities I couldn't do. The coaches are patient and kind and showed me how to build up my strength, without overdoing it. The survivors in the group all are very warm and friendly. Now, I am proud of what I can do. I feel like a different person.”

—Michelle, Huntington, N.Y.

Our Vision: For Youth Development
For Healthy Living
For Social Responsibility

Our Mission: To put Christian Principles into practice through programs that build healthy spirit, mind and body for all.

Our Promise: No one will be turned away from the YMCA due to an inability to pay.

Our Character Pillars: Trustworthiness, Respect, Responsibility, Fairness, Caring Citizenship



YMCA OF CENTRAL STARK COUNTY

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LIVESTRONG®

FOUNDATION





LIVESTRONG at the YMCA

As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start? **LIVESTRONG** at the YMCA can help.

In 2008, the YMCA partnered with the **LIVESTRONG®** Foundation to help cancer survivors begin the journey toward recovery with the **LIVESTRONG** at the YMCA program. Part of the Y's commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. This **FREE** 12-week program meets twice a week for 75–90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight.

Program goals consist of the following:

- Improve energy, build muscle mass and strength
- Increase flexibility and endurance
- Enhance functional ability to perform everyday tasks
- Reduce the severity of any side effects or limitations from surgery or therapy
- Develop an on-going physical fitness program, not only as a part of recovery, but as a way of life
- Nutritional guidance, specific to cancer and general wellness is offered by:
Cathleen Cooper, MS, RD, LD

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended.

Just as important, **LIVESTRONG** at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

Classes are offered at the following times:

Tuesdays and Thursdays
11:15am – 12:30pm
OR
4:30pm – 5:45pm

Taking It at Your Own Pace

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. **LIVESTRONG** at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There's no competition here—physical activities are tailored to match only what you're able to accomplish.

Expert, Caring Staff

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients and follow American College of Sports Medicine and American Cancer Society exercise guidelines. They are exercise experts who can understand your unique physical needs and concerns and help you address them safely. They are also relationship builders with the empathy and ability to connect with and develop relationships with and among cancer survivors and their families.

The Need for LIVESTRONG at the YMCA

Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. And cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life. **LIVESTRONG** at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.