



"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 very proud of what I can do. I feel like a different person."

- Michelle, Huntington, N.Y.



Campanelli YMCA
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LIVESTRONG®

FOUNDATION



PARTNERS IN HEALING THE WHOLE PERSON

LIVESTRONG® AT THE YMCA

CAMPANELLI YMCA
Schaumburg, Illinois

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 to start? LIVESTRONG® at the YMCA can help!

Partners in Healing the Whole Person

In 2008, the YMCA partnered with the LIVESTRONG® Foundation to help cancer survivors begin the journey toward recovery. 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.**

How Does the Program Work?

LIVESTRONG® at the YMCA is a program tailored to fit the specific needs of adult cancer survivors who would like to improve the quality of their lives before, during, and after treatment. This **FREE 12-week program meets twice per week for 90 minutes** and uses traditional exercise methods to ease you back into fitness and help you maintain a healthy weight.

Program Goals:

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life

LIVESTRONG® at the YMCA encourages a warm spirit of community – a safe, comfortable place for you to build companionship with others affected by cancer.

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 is no competition here** – physical activities are tailored to match what **you** are able to accomplish.



Expert, Caring Staff

Participants will work with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise, and supportive cancer care. 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 among cancer survivors and their families.

The Need for LIVESTRONG® at the Y

Research from the Yale Cancer Center and Dana-Farber/Harvard Cancer Institute confirmed that LIVESTRONG® at the YMCA participants experience improved fitness and quality of life as well as significant decreases in cancer-related fatigue.

QUESTIONS? Please contact:

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The LIVESTRONG® Foundation serves people affected by cancer and empowers them to take action against the world's leading cause of death. Created as the Lance Armstrong Foundation in 1997 by cancer survivor and champion cyclist Lance Armstrong. The Foundation offers additional services and resources for survivors at LIVESTRONG.org