



LIVESTRONG®

FOUNDATION

TAKING ACTION, CHANGING ODDS

LIVESTRONG® AT THE YMCA

Fact Sheet: June 2015

PROGRAM OVERVIEW

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create 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. Since 2007, the LIVESTRONG Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.

DESCRIPTION AND GOALS

- Small group, supportive environment
- 12-week program with two 90-minute sessions per week
- Includes cardiovascular conditioning, strength training, balance, and flexibility exercises
- Held in YMCA "Wellness Centers"
- Evaluation includes Functional and Quality of Life assessments before and after participation
- Facilitated by YMCA-certified Instructors

WHO QUALIFIES?

Any adult 18 years old or older who is living with or beyond cancer treatment.

PROGRAM REACH:

- More than **30,790 SURVIVORS SERVED**
- More than **2,399 STAFF CERTIFIED** as Instructors
- Offered by 174 Y associations in more than **416 COMMUNITIES IN 37 STATES**

PLANNING FOR GROWTH:

- Encouraging spread to additional branches & adding **NEW Y ASSOCIATIONS ANNUALLY**
- Developing **DATA MONITORING SYSTEMS** and participating in an academic **OUTCOMES RESEARCH STUDY**
- Helping Ys **BUILD CAPACITY FOR FUTURE ENGAGEMENT**

PARTICIPANTS REPORT:

- High levels of **SATISFACTION**
- **STRONG CONNECTIONS** with other group members
- **PLANS TO CONTINUE EXERCISE** after the program

TO LEARN MORE: Contact livestrongattheymca@ymca.net

PARTICIPANT SPOTLIGHT

Michelle Lavitt participated in the **LIVESTRONG** at the YMCA program at the Huntington YMCA in Huntington, NY. Read how she thanked Y director Tina Graziiose:

"Dear Tina,

Thank you so very much for offering the **LIVESTRONG** at the YMCA program here in Huntington... Less than a year ago, I was a healthy, somewhat fit 38-year-old living a perfectly normal life. I was happily married with two kids, living in the suburbs. One day I noticed a lump in my breast, and then my life turned upside down. I had Stage 2 breast cancer and needed a double mastectomy. And chemotherapy. And radiation. And hormone therapy. And more surgery. So I went through all of the treatments as I was instructed to do. And they were miserable, as everyone knows they are. During this time, I kept telling myself that when everything was over, I'd start exercising again (I used to go to an aerobics class two times a week) and I would get my health back. Only it wasn't, or should I say, isn't that simple. I gained 10 pounds during chemotherapy, which actually is quite common. But the treatments slowed down my metabolism, so losing weight is extra difficult. When I started to get my strength back from the chemo, I started radiation, which knocked me back down again. The cumulative effect of not using my muscles took its toll. There were so many daily activities that I wasn't doing. Like standing. Forget about exercising, I needed strength to get through the day and take care of my kids. I was constantly saying to my family and



friends, "I can't do that, because it is too much for me." I tried to go back to my aerobics class, but it was difficult. Two minutes into the warm-up, my heart was pounding and my muscles burning. I did what I could, which wasn't much. It was so frustrating and scary that I spent most of the classes fighting back tears. I frequently overdid it, and felt sick as a result. Then a friend told me about **LIVESTRONG** at the YMCA.

I am halfway through the program now, and already I feel like a different person. I have the energy to make it through the day without napping. I can make it up a flight of stairs without stopping to rest. I can carry my daughter again. And I feel confident that I am strong enough to do these things, because I am getting back in shape in a very safe way. The **LIVESTRONG** at the YMCA instructors took time to show me how to gradually build up my strength without overdoing it. They showed me how to safely work the part of my body where I had lost muscle during my surgery. They

taught me different types of exercises, stretches and training techniques. Instead of being frustrated about what I cannot do, I am proud of what I can do. The instructors are all patient, kind, and understanding, and the survivors in the group all are very warm and friendly. It is an extremely enthusiastic and encouraging group of people. **LIVESTRONG** at the YMCA has made an incredible difference in my recovery from breast cancer. I can't thank you enough for offering it, and I hope you continue this program so that others can heal.

PLANS FOR PROGRAM GROWTH

YMCA of the USA, in partnership with the **LIVESTRONG** Foundation, has identified three strategic initiatives for program growth over the next four years:

1. CONTINUE TO SCALE LIVESTRONG AT THE YMCA

To reach our goal of serving **50,000 cancer survivors by 2017**, participating multi-branch associations will be encouraged to spread the program to additional branches, and new YMCA Associations will implement **LIVESTRONG** at the YMCA each year after undergoing extensive preparation led by Y-USA.

1

Continue to scale **LIVESTRONG** at the YMCA

2

Ensure program quality and sustainability

3

Develop additional cancer prevention and survivorship programs & strategies

2. ENSURE PROGRAM QUALITY AND SUSTAINABILITY

We seek to increase the evidence behind, and public and professional knowledge of, the **LIVESTRONG** at the YMCA program. Y-USA Evaluation staff is developing improved systems for data collection and health outcomes monitoring to be used on both the local and national levels, and YMCAs are working with researchers from Yale University and the Dana-Farber Cancer Institute who are conducting a **LIVESTRONG** Foundation funded study on program effectiveness. Y-USA Program staff continue to provide technical assistance, education, and engagement opportunities to both currently participating Y associations, and those who are building capacity for future engagement in cancer prevention and survivorship programs.

3. DEVELOP ADDITIONAL CANCER PREVENTION AND SURVIVORSHIP PROGRAMS AND STRATEGIES

Y-USA is working to identify, validate, and translate promising interventions that lead to primary, secondary, or tertiary cancer prevention. Examples of such potential interventions include screening programs, patient navigation projects, anti-stigma campaigns, and nutrition programs.

PROGRAM PROVIDERS

ALABAMA

Birmingham Metropolitan YMCA, Birmingham

CALIFORNIA

Channel Islands YMCA, Santa Barbara
YMCA of Greater Long Beach, Long Beach

COLORADO

Ed & Ruth Lehman YMCA, Longmont
YMCA of the Pikes Peak Region, Colorado Springs

CONNECTICUT

Greater Waterbury YMCA, Waterbury
New Canaan Community YMCA, New Canaan
Southington-Cheshire YMCA, Southington
Wallingford YMCA, Wallingford
Wilton Family YMCA, Inc., Wilton
YMCA of Greater Hartford, Hartford

FLORIDA

Central Florida Metro YMCA, Orlando
SKY Family YMCA, Venice
Tampa YMCA, Tampa
Volusia/Flagler YMCA, DeLand,
YMCA of Greater St. Petersburg, St. Petersburg
YMCA of the Suncoast, Clearwater
YMCA of West Central Florida, Lakeland

GEORGIA

Metropolitan Augusta YMCA, Augusta
Moultrie YMCA, Moultrie
Tiftarea YMCA, Inc., Tifton
YMCA of Coastal Georgia, Savannah

IOWA

Burlington Area Community YMCA-YWCA, Burlington
Scott County Family YMCA, Davenport
YMCA of Greater Des Moines, Des Moines
YMCA of Marshalltown, Marshalltown
Cedar Rapids Metro YMCA, Cedar Rapids

IDAHO

Treasure Valley YMCA, Boise

ILLINOIS

Kishwaukee Family YMCA, Sycamore
Prairie Valley YMCA, Elgin
Two Rivers YMCA, Moline
YMCA of Berwyn-Cicero, Berwyn
YMCA of Rock River Valley, Rockford

INDIANA

YMCA of Greater Fort Wayne, Fort Wayne
YMCA of Greater Indianapolis, Indianapolis
YMCA of Michiana, Inc., South Bend
YMCA of Southern Indiana, New Albany
YMCA of Valparaiso Indiana, Inc., Valparaiso

KANSAS

YMCA of Southwest Kansas, Garden City
YMCA of Wichita, Wichita

KENTUCKY

YMCA of Central Kentucky, Lexington
YMCA of Greater Louisville, Louisville

LOUISIANA

YMCA of Greater New Orleans, New Orleans

MASSACHUSETTS

Athol Area YMCA, Athol
Cape Cod YMCA, West Barnstable
Hockomock YMCA, North Attleboro
MetroWest YMCA, Framingham
Old Colony YMCA, Brockton
Tri-Community YMCA of Southbridge, Southbridge
YMCA of Attleboro, Attleboro
YMCA of Central Massachusetts, Worcester
YMCA of Greater Boston, Boston
YMCA of Greater Springfield, Springfield
YMCA of Metro North, Peabody
YMCA of the North Shore, Beverly
YMCA of the Southcoast, New Bedford

MAINE

Bath Area Family YMCA, Bath
YMCA of Southern Maine, Portland
Kennebec Valley YMCA, Augusta
Boothbay Regional YMCA, Boothbay Harbor
Mount Desert Island YMCA, Bar Harbor
Penobscot Bay YMCA, Rockport

MICHIGAN

Ann Arbor YMCA, Ann Arbor
Greater Marinette-Menominee YMCA, Menominee
Niles-Buchanan YMCA, Niles
YMCA of Greater Grand Rapids, Grand Rapids
YMCA of Greater Kalamazoo, Kalamazoo
YMCA of Marquette County, Marquette

MINNESOTA

Itasca County Family YMCA, Grand Rapids
YMCA of Mankato, Mankato
YMCA of Rochester, Rochester
YMCA of the Greater Twin Cities, Minneapolis

MISSOURI

Greater St. Louis YMCA, St. Louis
Jefferson City Area YMCA*, Jefferson City
Ozarks Regional YMCA, Springfield
Tri-State Family YMCA, Neosho
YMCA of Greater Kansas City, Kansas City

MONTANA

Billings Family YMCA, Billings

NORTH CAROLINA

Blue Ridge Assembly YMCA, Black Mountain
Cleveland County YMCA, Shelby
Gaston County YMCA, Gastonia
Greensboro YMCA, Greensboro
Stanly County Family YMCA, Albemarle
YMCA of Greater Charlotte, Charlotte
YMCA of Northwest North Carolina, Winston-Salem
YMCA of the Triangle, Raleigh
YMCA of Western North Carolina, Asheville
YMCA of Wilmington, Wilmington

PROGRAM PROVIDERS con't

NORTH DAKOTA

Grand Forks YMCA Family Center, Grand Forks
Missouri Valley Family YMCA, Bismarck
YMCA of Cass & Clay Counties, Fargo

NEBRASKA

Siouxland YMCA, Sioux City
YMCA of Greater Omaha, Omaha

NEW HAMPSHIRE

YMCA of Greater Manchester, Manchester
YMCA of Greater Nashua, Merrimack

NEW JERSEY

Burlington County YMCA, Mt. Laurel
Cumberland Cape Atlantic YMCA, Vineland
Gateway Family YMCA, Elizabeth
Hunterdon County YMCA, Annandale
Princeton Family YMCA, Princeton
Somerset Hills YMCA, Somerville
The Community YMCA, Shrewsbury
YMCA of Fanwood-Scotch Plains, Scotch Plains
YMCA of Madison NJ, Inc., Madison
YMCA of Metuchen, Metuchen
YMCA of Summit NJ, Summit

NEW YORK

Frost Valley YMCA, Claryville
Greater Syracuse YMCA, Syracuse
Saratoga Regional YMCA, Saratoga Springs
YMCA of Broome County, Binghamton
YMCA of Buffalo Niagara, Buffalo
YMCA of the Capital District, Albany
YMCA of Greater New York, New York
YMCA of Greater Rochester, Rochester
YMCA of Long Island, Glen Cove
YMCA of Rye NY, Rye

OHIO

Family YMCA of Lancaster & Fairfield County,
Lancaster
Greater Miami Valley YMCA, Hamilton
Marion Family YMCA, Marion
YMCA of Central Ohio, Columbus
YMCA of Greater Cleveland, Cleveland
YMCA of Greater Dayton, Dayton
YMCA of Greater Toledo, Toledo
YMCA of Mansfield, Mansfield
YMCA of Youngstown, Youngstown

OKLAHOMA

YMCA of Greater Oklahoma City, Oklahoma City
YMCA of Greater Tulsa, Tulsa

PENNSYLVANIA

Community YMCA of Eastern Delaware County,
Landsdowne
Greater Scranton YMCA, Scranton
North Penn YMCA, Colmar
Wilkes-Barre Family YMCA, Wilkes-Barre
YMCA of Warren County, Warren

York and York County YMCA, York

RHODE ISLAND

Providence Metropolitan YMCA, Providence

SOUTH CAROLINA

YMCA of Columbia South Carolina, Columbia

TENNESSEE

YMCA of Bristol, Bristol
YMCA of Memphis and the Mid-South, Memphis
YMCA of Metropolitan Chattanooga,
Chattanooga

TEXAS

Austin Metropolitan YMCA, Austin
YMCA of Arlington, Arlington

YMCA of Central Texas, Waco
YMCA Greater El Paso, El Paso
YMCA of Greater San Antonio, San Antonio
YMCA of Metropolitan Dallas, Dallas
YMCA of Metropolitan Fort Worth, Fort Worth
YMCA of the Greater Houston Area, Houston

VIRGINIA

Peninsula Metro YMCA, Newport News
Southside Virginia Family YMCA, Farmville

VERMONT

Greater Burlington YMCA, Burlington

WASHINGTON

Skagit Valley Family YMCA, Mount Vernon
South Sound YMCA, Olympia
YMCA of Greater Seattle, Seattle
YMCA of Pierce and Kitsap Counties, Tacoma
YMCA of Snohomish County, Everett
YMCA of the Inland Northwest, Spokane

WISCONSIN

Door County YMCA, Sturgeon Bay
Greater Green Bay YMCA, Inc., Green Bay
Kettle Moraine YMCA, West Bend
La Crosse Area Family YMCA, La Crosse
Manitowoc-Two Rivers YMCA, Manitowoc
Oshkosh Community YMCA, Oshkosh
Racine Family YMCA, Racine
Sheboygan County YMCA, Sheboygan
South Wood County YMCA, Port Edwards
Stateline Family YMCA of Beloit, Inc., Beloit
Stevens Point Area YMCA, Stevens Point
Wausau-Woodson YMCA, Wausau
YMCA of Dane County, Madison
YMCA of Eau Claire, Eau Claire
YMCA of Metropolitan Milwaukee, Milwaukee
YMCA of the Fox Cities, Appleton
YMCA of the Northwoods, Rhinelander

WYOMING

Sheridan County YMCA, Sheridan