

TAKING ACTION, CHANGING ODDS

LIVESTRONG at the YMCA
FACT SHEET: AUGUST 2016



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM OVERVIEW

LIVESTRONG at the YMCA is an evidence-based program that 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 IMPACT:

LIVESTRONG at the YMCA has to 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

PARTICIPANTS REPORT:

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

THE PROGRAM'S REACH (April - June 2016)

Number of Y associations offering the program	211
Number of communities delivering the program	534
Number of states delivering the program	39
Number of certified instructors	3,062
Number of participants served	40,958



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 Graziose:

“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.

Sincerely,

Michelle Lavitt”

PLANS FOR PROGRAM GROWTH

YMCA of the USA (Y-USA) has pledged to expand its support of **LIVESTRONG** at the YMCA in its 2014-2017 strategic plan, “Delivering our Cause” and is working to accomplish four strategic objectives to ensure the program's growth and quality:

1. INCREASE NUMBER OF ASSOCIATIONS OFFERING THE PROGRAM

Currently **211** corporate associations offer the **LIVESTRONG** at the YMCA program, and we are striving to reach **250** by 2017. In 2016, **15** new Ys were selected to become providers and new opportunities for growth are expected for 2017.

2. INCREASE NUMBER OF PROGRAM PARTICIPANTS

As cancer treatments improve, the number of people living beyond a cancer diagnosis continues to grow rapidly. With our presence in more than 10,000 communities, the Y is uniquely positioned to support this growing population and has pledged to increase the number of cancer survivors served to at least **10,000 per year**. To do so, we are preparing new YMCA Associations to implement the program while encouraging current providers to recruit more participants and spread the program to additional branches.

3. INCREASE PERCENTAGE OF PROGRAM PARTICIPANTS WHO BECOME Y MEMBERS

Participation in **LIVESTRONG** at the YMCA is often a cancer survivor's first step in the journey toward recovery. Y membership can provide the support a survivor needs to continue their pursuit of health and wellness. Y-USA is working to identify and deploy strategies and tools to help Ys increase the number of program participants who become Y members.

4. ENSURE PARTICIPANTS EXPERIENCE IMPROVED HEALTH AND WELL-BEING

In order to become a **LIVESTRONG** at the YMCA program site, Ys go through a rigorous but transformational organizational capacity-building process to help them serve cancer survivors with knowledge, empathy and skill. Staff who seek to become certified Instructors for the **LIVESTRONG** at the YMCA exercise program must complete over 16 hours of training on cancer, communication skills, exercise modification and safety to ensure that the program experience is effectively tailored to the abilities and personal goals of each participant. Research demonstrates that these efforts work: cancer survivors who participated in the **LIVESTRONG** at the YMCA exercise program exhibited improvements in physical activity, fitness and quality of life.

TO LEARN MORE:
Contact livestrongattheymca@ymca.net

PROGRAM PROVIDERS

ALABAMA • Birmingham Metropolitan YMCA, Birmingham

ARIZONA • Valley of the Sun YMA, Phoenix

CALIFORNIA • Channel Islands YMCA, Santa Barbara • YMCA of Greater Long Beach, Long Beach • YMCA of San Diego County, San Diego

COLORADO • YMCA of Boulder Valley, 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 • The Riverbrook Regional YMCA, Inc., Wilton • YMCA of Greater Hartford, Hartford • Naugatuck YMCA, Naugatuck

FLORIDA • Central Florida Metro YMCA, Orlando • Sarasota Family YMCA, Sarasota • 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 • Wood River Community YMCA, Ketchum

ILLINOIS • Decatur Family YMCA, Decatur • Kishwaukee Family YMCA, Sycamore • Golden Corridor Family YMCA, Schaumburg • The West Cook YMCA, Oak Park • Two Rivers YMCA, Moline • YMCA of Berwyn-Cicero, Berwyn • YMCA of Rock River Valley, Rockford • Mercer County Family YMCA, Aledo, IL

INDIANA • Cole Center Family YMCA, Kendallville • Kosciusko Community YMCA Inc., Warsaw • YMCA of Greater Fort Wayne, Fort Wayne • YMCA of Greater Indianapolis, Indianapolis • YMCA of Kokomo, Kokomo • YMCA of La Porte Indiana, La Porte • YMCA of Michiana, Inc., South Bend • YMCA of Southwestern Indiana, Evansville • 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 • Malden YMCA, Malden • Merrimack Valley YMCA, Lawrence • MetroWest YMCA, Framingham • Old Colony YMCA, Brockton • South Shore YMCA, Norwell • Tri-Community YMCA of Southbridge, Southbridge • West Suburban YMCA, Newton • YMCA of Attleboro, Attleboro • YMCA of Central Massachusetts, Worcester • YMCA of Greater Boston, Boston • YMCA of Greater Springfield, Springfield • YMCA of Greater Westfield, Westfield • 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 • 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 • Muskegon Family YMCA, Muskegon • YMCA of Greater Grand Rapids, Grand Rapids • YMCA of Greater Kalamazoo, Kalamazoo • YMCA of Marquette County, Marquette • Benton Harbor-St. Joseph YMCA, St. Joseph

MINNESOTA • Albert Lea Family YMCA, Albert Lea • Itasca County Family YMCA, Grand Rapids • YMCA of Mankato, Mankato • YMCA of Rochester, Rochester • YMCA of the Greater Twin Cities, Minneapolis • YMCA of Red Wing Minnesota, Red Wing

MISSOURI • Gateway Region 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

PROGRAM PROVIDERS

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 Catawba Valley, Hickory, • YMCA of Greater Charlotte, Charlotte • YMCA of High Point, High Point • YMCA of Northwest North Carolina, Winston-Salem • YMCA of the Triangle Area, Raleigh • YMCA of Western North Carolina, Asheville • YMCA of Wilmington, Wilmington

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

NEBRASKA • Siouland YMCA, Sioux City • YMCA of Greater Omaha, Omaha • YMCA of Lincoln Nebraska, Lincoln

NEW HAMPSHIRE • The Granite YMCA, Manchester • YMCA of Greater Nashua, Nashua

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 County 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 • YMCA of Montclair, Montclair

NEW YORK • Frost Valley YMCA, Claryville • Greater Syracuse YMCA, Syracuse • Saratoga Regional YMCA, Saratoga Springs • Watertown Family YMCA, Watertown • 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 • YMCA of Yonkers, Yonkers

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 Cincinnati, Cincinnati • 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

OREGON • Eugene Family YMCA, Eugene • YMCA of Douglas County, Roseburg

PENNSYLVANIA • Carbondale YMCA, Carbondale • Community YMCA of Eastern Delaware County, Landsdowne • Greater Scranton YMCA, Scranton • Harrisburg Area Metro YMCA, Harrisburg • North Penn YMCA, Colmar • Philadelphia Freedom Valley YMCA, Philadelphia • Sewickley Valley YMCA, Sewickley • Shenango Valley YMCA, Hermitage • 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

SOUTH DAKOTA • YMCA of Rapid City South Dakota, Rapid City

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

TEXAS • Austin Metropolitan YMCA, Austin • Wichita Falls Metropolitan YMCA, Wichita Falls • Arlington-Mansfield YMCA, Arlington • YMCA of Central Texas, Waco • YMCA Greater El Paso & Rio Grande Valley, 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

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 • Fond Du Lac Family YMCA, Fond Du Lac • 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 Central Waukesha County, Waukesha • 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