



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

LIVESTRONG™ AT THE Y PROGRAM OVERVIEW

LIVESTRONG™ at the YMCA is a free small group fitness program for adult cancer survivors that empower them to improve their quality of life. Each 12-week session is comprised of classes that meet for 75 minutes two times per week. A free Y membership is included for the duration of the sessions. Class size is limited to 12 participants per session.

PROGRAM GOALS

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve ability to do everyday tasks
- Develop an on-going fitness plan to continue practicing a healthy lifestyle

PROGRAM INSTRUCTORS

The program instructors provide a supportive environment for the class. Each instructor has specialized training in the elements of cancer, post-cancer exercise, nutrition and supportive cancer care.

PROGRAM CURRICULUM OVERVIEW

LIVESTRONG at the Y participants will meet with the program instructor for the intake process and a baseline pre-fitness assessment will be conducted.

Week 1 – Welcome to Livestrong at the YMCA. In this session participants are introduced to each other, their program instructor and the purpose and goals of the program.

Week 2 - Introduction to three (3) pieces of cardiovascular equipment, large muscle group lower body strengthening and supporting stretching exercises. Discussion topics include: muscle soreness, intro to deep breathing and introduction to RPE (rate of perceived exertion)

Week 3 – Continue progression of cardiovascular work and lower body strength conditioning. Introduction to large muscle group upper body strength plus supporting stretching exercises.

Week 4 – Continue progression of cardiovascular work. Introduction to lower and upper body small muscle groups plus supporting stretching exercises. Introduction to core and balance training.

Week 5 – Continue progression of cardiovascular work, muscular strength and endurance, core and balance training. Introduce benefits of other disciplines (i.e., guest instructor for Yoga, Aquatics, etc.)

Week 6 – Continue progression of cardiovascular work, muscular strength and endurance, core, balance and flexibility. Introduce benefits of other protocols with guest instructor. Reassessing program goals.



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Week 7 – Progression of cardiovascular endurance, muscular strength and endurance, core, balance and flexibility. Educational guest speaker (Oncology Nutritionist, Patient Navigator, etc.)

Week 8 – Progression of cardiovascular endurance, muscular strength and endurance, core, balance and flexibility. Additional Mind/Body classes or education as requested. Determining next steps “Where do I Go From Here?” form completed. Y membership specialist as guest speaker.

Week 9 – Progression of cardiovascular endurance, muscular strength and endurance, core, balance and flexibility. Additional Mind/Body classes or education as requested.

Week 10 – Progression of cardiovascular endurance, muscular strength and endurance, core, balance and flexibility. Additional Mind/Body classes are requested.

Week 11 – Progression of cardiovascular endurance, muscular strength and endurance, core, balance and flexibility. Review of next steps upon program completion

Week 12 – Post-fitness assessments. Class paperwork (Post-program evaluation form)
Receive **LIVESTRONG** at the YMCA Certificate of Completion. **LIVESTRONG** at the YMCA Graduation Celebration.