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

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<table>
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<tbody>
<tr>
<td>Number of Y associations</td>
<td>247</td>
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<tr>
<td>offering the program</td>
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<tr>
<td>Number of communities delivering the program</td>
<td>638</td>
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<td>Number of states delivering the program</td>
<td>41</td>
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<tr>
<td>Number of certified instructors</td>
<td>4,030</td>
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<tr>
<td>Number of participants served</td>
<td>52,031</td>
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“Theresa Adazzio-McIntyre joined the LIVESTRONG at the YMCA at the Port Orange YMCA in the fall of 2017. Starting off in the program, Theresa was a bit weary. She was excited to socialize, but not excited to begin an exercise program given she just completed chemotherapy for Ovarian cancer and had issues with her knee forcing her to rely on a cane. By the end of the 12 weeks, Theresa not only joined the Y but says she can feel the difference in her stamina and energy level. She said this was a team effort from completing her chemotherapy along with joining the LIVESTRONG at the YMCA program. Although her knee prevents her from making too much progress too quick, Theresa says she is thankful to the program for transitioning her into an active lifestyle and can’t wait to continue her journey by being a part of the Y family.”