PARTNERS IN HEALING

LIVE STRONG® AT THE YMCA
Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG® have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to achieve their goals, such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. In addition to physical benefits, LIVESTRONG® at the YMCA focuses on the emotional well-being of survivors and their families by providing a supportive community where people impacted by cancer can connect during treatment and beyond.

By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA helps people move beyond cancer in spirit, mind and body.
LIVESTRONG® at the YMCA

This twelve-week small group program is designed for adult cancer survivors. The intimate small group setting with knowledgable, supportive staff aids cancer survivors on their journey to feeling physically and emotionally strong enough to return to their regular daily activities.

LIVESTRONG at the YMCA empowers cancer survivors to regain their health after having become de-conditioned or chronically fatigued from their disease or its treatment.

- Free, 12-week Y membership for the survivor and their family.
- Two 75 minute classes each week.
- Small group setting (8–10 participants).
- Full access to YMCA facilities, including Kid Zone childcare services.
- Designed for adults who are undergoing or who have completed their cancer treatment.

CRITERION FOR PARTICIPATION

- Personally commit to attending all classes.
- Consult with their physician prior to joining the program.
- Permit Y Wellness Staff to call their physician or person giving treatment when necessary.
- Obtain medical referral and waiver.
- Complete YMCA paperwork and screening questionnaire.
PROGRAM GOALS

- Improve energy levels
- Regain self esteem
- Build muscle mass and strength.
- Increase flexibility and endurance.
- Improve functional ability to do everyday tasks.
- Reduce the severity of therapy side-effects and prevent unwanted weight changes.
- Develop an ongoing physical fitness program so participants can continue to practice a healthy lifestyle, not only as a part of recovery, but as a way of life.

OUR INSTRUCTORS

Our instructors provide a supportive, safe environment for each class. Our certified instructors and personal trainers have undergone specialized training in the elements of cancer, post-rehab exercise, nutrition, and supportive cancer care.
“Cancer treatment left me feeling tired and not myself. Being with other cancer survivors in the LIVESTRONG® at the YMCA program, made it less daunting to return to exercise. I liked that the group provided a supportive, upbeat environment. It empowered me to become more active and gain confidence that I could get my strength back in spirit, mind and body. And, I did. I am very grateful!”

- Francesca, Summit YMCA Member and LIVESTRONG® at the YMCA participant

“The program has helped me embrace fitness as part of my lifestyle. As a team, we support and encourage one another with exercise as we also share our personal cancer journeys. I appreciate and thank the Y for the opportunity to “Live” this experience.”

- Grace, Madison YMCA Member and LIVESTRONG® at the YMCA participant

“I am so pleased to say that over the course of the 12-week program, the Livestrong experience gave me back my vigor, my strength, my self-esteem and my smile. The program helped me lose weight, tone my body and increase my stamina and strength”

- Karen, Fanwood-Scotch Plains YMCA Member and LIVESTRONG® at the YMCA participant

“Being a marathon runner, cancer really set me back. As a result of being a part of the [program], I was able to regain my strength and endurance, and I was able to run the Summit Area YMCA’s Annual Mother’s Day 5K. I even got my wife and 9 year old son to join me as a way to give back and support the LIVESTRONG® program that helped me get back to myself.”

- Paul, Berkeley Heights YMCA Member and LIVESTRONG® at the YMCA participant
**REGISTRATION**

Advanced registration is required as class size is limited and given that a doctor’s clearance is required. Enrollment decisions are made individually and confidentially.

### LOCATION AND CONTACT INFORMATION

<table>
<thead>
<tr>
<th>Organization</th>
<th>Address</th>
<th>Contact Person</th>
<th>Phone Numbers</th>
<th>Email Addresses</th>
<th>Website URL</th>
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<tbody>
<tr>
<td>Berkeley Heights YMCA</td>
<td>550 Springfield Ave, Berkeley Heights, NJ 07922</td>
<td>Lisa McQuilkin</td>
<td>(P) 908 464 8373 x 2026 (E) <a href="mailto:lisa.mcquilkin@thesay.org">lisa.mcquilkin@thesay.org</a></td>
<td>(W) <a href="http://www.thesay.org">www.thesay.org</a></td>
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<td>Fanwood Scotch Plains YMCA</td>
<td>1340 Martine Ave, Scotch Plains, NJ 07076-2524</td>
<td>Sherri Cognetti</td>
<td>(P) 908 889 8880 (E) <a href="mailto:livestrong@fspymca.org">livestrong@fspymca.org</a></td>
<td>(W) <a href="http://www.fanwoodscotchplainsymca.org">www.fanwoodscotchplainsymca.org</a></td>
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<td>The Gateway Family YMCA</td>
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<td>Rahway and Wellness Branches</td>
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<td>Mike Johnson</td>
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<tr>
<td>Madison Area YMCA</td>
<td>111 Kings Road, Madison, NJ 07940</td>
<td>Joseph Gonsalves</td>
<td>(P) 973 822 9622 x 2242 (E) <a href="mailto:jgonsalves@madisonymca.org">jgonsalves@madisonymca.org</a></td>
<td>(W) <a href="http://www.madisonareaymca.org">www.madisonareaymca.org</a></td>
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<tr>
<td>YMCA of Montclair</td>
<td>25 Park Street, Montclair, NJ 07042</td>
<td>Washima Redding</td>
<td>(P) 973-415-6111 (E) <a href="mailto:livestrong@montclairymca.org">livestrong@montclairymca.org</a></td>
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<tr>
<td>Somerset County YMCA – 6 branches</td>
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<td>Lisa Pensabene</td>
<td>(P) 908.766.7898 x 548 (E) <a href="mailto:lpensabene@somersetcountyymca.org">lpensabene@somersetcountyymca.org</a></td>
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<td>Summit YMCA</td>
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<td>Sue Fieseler</td>
<td>(P) 908 273 3330 x 1167 (E) <a href="mailto:livestrong@thesay.org">livestrong@thesay.org</a></td>
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