**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**

<table>
<thead>
<tr>
<th>Metric</th>
<th>Number</th>
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</thead>
<tbody>
<tr>
<td>Number of Y associations offering the program</td>
<td>247</td>
</tr>
<tr>
<td>Number of communities delivering the program</td>
<td>638</td>
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<tr>
<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>
</tr>
<tr>
<td>Number of participants served</td>
<td>52,031</td>
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</tbody>
</table>
"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."

LIVESTRONG at the YMCA National Footprint

For a complete list of sites, visit: ymca.net/livestrong-at-the-ymca

TO LEARN MORE:
Contact livestrongattheymca@ymca.net
LIVESTRONG® at the YMCA Research Study Results

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs seek to 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. Recently, researchers from the Yale Cancer Center and the Dana-Farber/Harvard Cancer Institute conducted a randomized control trial to demonstrate the impact of the LIVESTRONG at the YMCA program. This document will help you understand the study and provide you with brief talking points to communicate the results of the study to your community.

WHAT HAPPENED IN THE STUDY?

- 186 Participants were recruited through Yale Cancer Center/Smilow Cancer Hospital and Dana-Farber/Harvard Cancer Institute.
- Participants had been diagnosed with various types of cancer at multiple stages and the majority of participants were inactive prior to the study.
- 95 participants were randomly selected to participate in a 12-week LIVESTRONG at the YMCA program at a Y in either Connecticut or Massachusetts, and 91 participants were assigned to a wait-list control group.
- Participant data were collected at the start of the trial and after 12-weeks.

WHAT DID THE STUDY SHOW?

Participants in the LIVESTRONG at the YMCA Program made significant improvements in weekly physical activity minutes from baseline to 3 months compared to the control group.

![Graph showing improvements in physical activity minutes]

KEY MESSAGE:

Participation in the LIVESTRONG at the YMCA program can help survivors meet or exceed the amount of physical activity recommended by the American Cancer Society and the American College of Sports Medicine.
LIVESTRONG at the YMCA participants experienced a significant improvement in their cardiovascular capacity at 3 months as measured by the 6 Minute Walk Test compared to the control group.

KEY MESSAGE:
LIVESTRONG at the YMCA helps survivors significantly increase their cardiovascular endurance.

LIVESTRONG at the YMCA participants had a greater improvement in their quality of life and fatigue scores at 3 months compared to the control group.

KEY MESSAGE:
Participation in LIVESTRONG at the YMCA significantly improves cancer survivors’ overall quality of life and decreases their cancer-related fatigue.

WHAT DO THE STUDY RESULTS REALLY MEAN AND WHAT SHOULD WE TELL PEOPLE?

- **LIVESTRONG** at the YMCA is now considered an evidence-based program that has been shown to positively improve survivors’ health and well-being.
- The **LIVESTRONG** at the YMCA model works, and in order to ensure participants get the best possible results, all program protocols should be followed and program fidelity should be monitored.
- With 2,700 Ys serving 10,000 communities across the country, the Y is one of the few organizations with the ability to bridge the gap in delivery of health care in the U.S. and reach cancer survivors wherever they live.
- Partnering with your medical community is even more essential. Sharing this information with your medical and community partners is encouraged to increase referral of cancer survivors to your programs.
- Consistent attendance in LIVESTRONG at the YMCA is crucial to survivors getting the most of the program. Use these results to encourage participants to attend as many sessions as possible.

TO LEARN MORE: Contact livestrongattheymca@ymca.net
The Mission of LiveStrong at the YMCA is to empower adult cancer survivors to improve their quality of life through an organized program of fitness and strength.
Goals of the Program

Long Term Goals

- Participants become committed and connected members of the Y
- Introduce participants to new exercises in their survivorship program
- Continue their journey to wellness
- Participants are provided with the tools and guidance to help them begin

Secondary Goals

- Provide social interaction and peer support
- Improve body image, self-efficacy and psychosocial functioning
- Improve vitality
- Reduce side effect severity

Primary Goals

- Restore balance
- Improve flexibility, circulation and functional ability
- Increase cardiovascular endurance
- Enhance muscular strength and endurance
Relationship building, support and interaction

Education as requested or identified

Other programs such as yoga, water exercises, Pilates etc.

Core Flexibility and Balance

Core Muscular Strength and Endurance

Cardiovascular Endurance

Program protocols are individually tailored and include:

ACHIEVING GOALS
• Psychosocial and cognitive benefits
• Enhances self-image
• Reduce treatment related nausea
• Keep bones healthy
• Improve mobility
• Rebuild muscle and regain strength
• Gain energy and fight fatigue

Benefits of Exercise
mind and spirit
Create a supportive environment that engages
Incorporate quality social interactions
Develop new skills
Facilitate a sense of control
Build confidence
Be enjoyable

COMPONENTS OF AN EXERCISE PROGRAM