



# TAKING ACTION & CHANGING ODDS

## LIVESTRONG® AT THE YMCA

LIVESTRONG® at the YMCA is a 12-week small-group fitness program for adult cancer survivors who have become de-conditioned or chronically fatigued from their treatment and/or disease.

### This program includes:

- Free 12-week YMCA Family Membership
- Two 75-minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, stretching, and balance work
- Full access to the Missouri Valley Family YMCA

### Program Goals

- Improve energy levels and self-esteem
- Build muscular strength and endurance
- Improve flexibility
- Improve circulation and functional ability to complete everyday tasks
- Reduce the severity of therapy side effects
- Restore balance
- Improve body image
- Reduce stress levels
- Build supportive relationships in a comfortable and safe environment

### Program Instructors

Our LIVESTRONG® at the YMCA Instructors are certified fitness instructors that give personal instruction in a group setting. Each instructor has undergone specialized training in the elements of cancer, post-cancer exercise, nutrition, and supportive cancer care.

### Criteria for Participation

Any adult who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e., surgery, chemotherapy, radiation, etc.) in the past that wants to regain their health and well-being.

- Strong personal desire - participant needs to enroll in the program
- Personally commit to attending all classes
- Inform your physician that you plan to join the program
- Participants must receive medical clearance and are evaluated on an individual basis (medical clearance form on back of brochure)
- Complete our screening forms and answer a health questionnaire
- Give permission for the LIVESTRONG® at the YMCA Program Coordinator to contact your health care provider if necessary

\*This class is recommended for individuals who have recently finished cancer treatment or are survivors looking to regain their health and well-being. Enrollment will be handled on a case-by-case basis.



# REACHING GOALS TOGETHER

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 safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance; and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG® at the YMCA is helping people move beyond cancer in spirit, mind and body.

**To learn more about LIVESTRONG® at the YMCA contact:**  
LIVESTRONG® at the YMCA Program Coordinator  
701-255-1525 or [livestrong@bismarckymca.org](mailto:livestrong@bismarckymca.org)

# MEDICAL CLEARANCE FORM

Client's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client's Phone: \_\_\_\_\_ Client's DOB: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Physician's Phone: \_\_\_\_\_ Physician's Fax: \_\_\_\_\_

Dear Doctor \_\_\_\_\_  
Your patient, \_\_\_\_\_, has requested to participate in **LIVESTRONG®** at the YMCA: A Cancer Survivor Exercise Program at the Missouri Valley Family YMCA. At the start of this program, your client will participate in a fitness assessment, including the 6-minute walk test, one repetition max test for upper and lower body, and balance and flexibility test. Following the fitness assessment, your patient will partake in cardiorespiratory fitness, muscular strength and endurance, and flexibility and balance activities. A specific, individualized exercise program will be created for the participant based on the needs, interests and any recommendations you might have. The **LIVESTRONG®** at the YMCA program is designed to start easy and become progressively more difficult over a 12-week period. All fitness assessments and exercise activities will be administered by qualified personnel.

Based on the Cancer Survivorship Program Questionnaire, your patient has indicated a diagnosed medical condition, coronary risk factor, and/or health condition that requires a physician's clearance prior to participation in the **LIVESTRONG®** at the YMCA: A Cancer Survivor Exercise Program.

By completing the form below, you are not assuming any responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reason why participation in the **LIVESTRONG®** at the YMCA: A Cancer Survivor Exercise Program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding the **LIVESTRONG®** at the YMCA: A Cancer Survivor Exercise Program, please call the program coordinator.  
Phone: (701)255-1525  
Return Fax: (701)255-0365

## Physician's Report

- Not cleared to exercise at the time
- Cleared to exercise with no restrictions
- Cleared to exercise with these restrictions and/or recommendations

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

The Missouri Valley Family YMCA is a membership organization that is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Joining the Y means being part of a community—one that fosters relationships, and strengthens your spirit, mind and body. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too.

### Among our offerings:

- Child Care and Education
- Health, Well-being and Fitness
- Swim, Sports and Play
- Volunteerism

The Y's Mission: To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Y's Cause: At the Y, strengthening community is our cause. Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The Y, founded in 1883, is one of Bismarck/Mandan's leading 501(c)(3) nonprofits, committed to strengthening our community in the areas of youth development, healthy living and social responsibility.

MISSOURI VALLEY FAMILY YMCA  
1608 North Washington Street  
Bismarck, ND 58501  
(701)255-1525  
www.bismarckymca.org



LIVESTRONG®

FOUNDATION



**PARTNERS  
IN RECOVERY**

LIVESTRONG® AT THE YMCA

**MISSOURI VALLEY  
FAMILY YMCA**