

What is LIVESTRONG at the YMCA?

LIVESTRONG at the YMCA is a small group program designed for cancer survivors. It's about giving them the opportunity to fight the disease through health and fitness outside of a medical setting. Our hope is that survivors will be a part of a safe, supportive, respectful environment for healing. LIVESTRONG at the YMCA is about health, not the disease.

How will it work at the YMCA of the Triangle?

LIVESTRONG at the YMCA is a 12 week program beginning this summer at the Cary and Alexander Y.

This program is free to participants. Specially trained Y staff will lead the twice a week sessions. During the pilot session, we will serve four participants. As we fully implement LIVESTRONG at the YMCA we will be able to serve 10 participants per session.

Who is involved at our YMCA?

Susan Pettengill is the Project Manager for LIVESTRONG at the YMCA. Amanda Dismukes is the program leader at the Cary Y. Anthony Hall is the program leader at the Alexander Y.

Certified YMCA health and wellness instructors will give personal instruction to the LIVESTRONG participants. These instructors are trained in the elements of cancer, post rehab exercise, and supportive cancer care.

How do participants sign up for LIVESTRONG at the YMCA?

Adult cancer survivors may be referred to us through hospitals, oncologists, friends or Y staff. If you know someone who might be interested, have them contact Amanda Dismukes at the Cary Y (amanda.dismukes@ymcatriangle.org) and Anthony Hall at the Alexander Y (anthony.hall@ymcatriangle.org).

What are the goals of LIVESTRONG at the YMCA?

- Enhancing muscular strength and endurance
- Increasing cardiovascular endurance
- Improving flexibility
- Improving circulation and functional ability
- Restoring balance
- Diminishing the severity of side effects
- Improving vitality, body image, and stress levels
- Providing an atmosphere that allows participants quality social interaction and support
- Providing participants with tools and guidance to help them begin or continue their journey to wellness.