



THE *Heart* OF THE TRIANGLE

Sharing the vision and supporting the mission of the Triangle area non-profit community.

# YMCA of the Triangle Now Offers LiveStrong Program for Adult Cancer Survivors

by Judy Liu, MPH



**S**tudies show that individuals diagnosed with cancer recover faster and have a better outlook on life when they are part of a support group. The YMCA of the Triangle has partnered with the LiveStrong Foundation to offer the LiveStrong program for adult cancer survivors. More than 600 cancer survivors have participated to date. The program is offered throughout the year at various Triangle YMCA branches. This comprehensive program is offered at no charge to participants, thanks to support from the YMCA's Annual Campaign.

LIVESTRONG at the YMCA is a 12-week program for adult cancer survivors. Survivors participate in a health and fitness program with nine other survivors in a small group setting. Throughout the program certified YMCA instructors help patients build muscle mass and strength, increase flexibility and endurance, and improve energy levels and self-esteem.

LIVESTRONG at the YMCA focuses on the whole person, not the disease. YMCA instructors are trained in post-rehab exercise, nutrition and supportive cancer care. The program meets year-round at YMCAs throughout the Triangle. Classes meet twice weekly and last approximately 75 minutes. Sessions are limited to 10 participants. Cancer survivors must provide medical clearance forms at the time of registration.

## Recent Testimonials from Program Participants

"I am deeply grateful to the LIVESTRONG at the YMCA program; it has helped me get my life back. After graduating from law school in 2004, I was diagnosed with a Stage IV brain tumor, which, after multiple surgeries and treatments left me with left side hemiparesis. After exhausting my insurance rehabilitation benefits, I was still in a wheelchair and unable to walk. I did not think I had any more options until my mother found this program. I came in a wheelchair and left walking with a cane with minimal assistance. I tell everyone I know about this program and credit it for my progress.

— Lindsay, program participant

I am a Survivor! Appreciative, grateful, excited... these words only begin to describe how I feel about being able to participate in the LIVESTRONG at the YMCA program. Humbled, honored and amazed just barely do justice to the feelings I have about the incredible impact this experience is making on my life. My sense of resourcefulness and connection to others is returning. I have been given an incredible gift: the opportunity to rebuild my crumbling body, recover my wits and lift my spirits. This program has enabled me to regain control and direction in my life. Indeed, LIVESTRONG at the YMCA has made such a difference that it is nothing short of miraculous! Because of this program I am not just surviving, I am thriving!

— Theodora, program participant

For information please visit <https://www.ymcatriangle.org/programs-services/health-and-wellness/livestrong-ymca-0>.

To enroll in the LiveStrong program, email Jess Joiner at [Jess.Joiner@YMCATriangle.org](mailto:Jess.Joiner@YMCATriangle.org) or phone 919-845-3865.

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