

# What is LIVESTRONG<sup>®</sup> at the YMCA?

LIVESTRONG at the YMCA is a 12-week health program open to all adult cancer survivors. The program helps a person shift focus from fighting cancer, to regaining strength and confidence and improving one's overall sense of well-being.

Participants are paired with YMCA-certified LIVESTRONG coaches, who tailor the program to meet individual needs - whether it's building muscle mass and strength; increasing flexibility and endurance; or improving confidence and self-esteem. New exercises are added gradually.



Through the LIVESTRONG program, survivors are given the tools they need to continue their health journeys and go beyond the physical - strengthening mind and body, and establishing a supportive network of friends.



## PARTICIPATING BRANCHES

**YMCA Healthy Living Center at North River**  
4138 Hixson Pike  
Chattanooga, TN 37415  
423.877.3517

**Hamilton Family YMCA**  
7430 Shallowford Road  
Chattanooga, TN 37421  
423.899.1721

**Downtown Family YMCA**  
301 West 6th Street  
Chattanooga, TN 37402  
423.266.3766

**Cleveland Family YMCA**  
220 Urbane Road  
Cleveland, TN 37312  
423.476.5573



“ This was an incredible experience for me! Cancer takes, takes, takes from your body and quality of life. LIVESTRONG at the YMCA gives, gives, gives in so many ways! Exercise just makes you feel so good. LIVESTRONG at the YMCA has given me hope and it has brought back a sense of normality to my life. I am forever grateful for the LIVESTRONG program.”

- Lisa, cancer survivor



LIVESTRONG<sup>®</sup>

FOUNDATION

**YMCA OF METROPOLITAN CHATTANOOGA**  
301 West 6th Street Chattanooga, TN 37402  
[ymcachattanooga.org](http://ymcachattanooga.org)



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## HOW TO GET STARTED

- Contact your local YMCA.
- A **LIVESTRONG** at the YMCA instructor will explain the program and how it can benefit your overall wellbeing.
- Permission from your doctor is required.

## ONCE ENROLLED

- During weekly meetings, certified YMCA health and wellness instructors will give personal and individualized instruction to the participants.



“ **LIVESTRONG at the Y** enables us to heal during and after oncology visits with guided physical exercises at the Y. It also gives us much needed interaction with other cancer survivors along with positive adjustments of our current lifestyles, along with help with healthier diets, better sleep patterns, and a more positive outlook.”

- Larry, cancer survivor

For more information or to make a donation, contact:

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**LIVESTRONG** at the YMCA

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