



L I V E S T R O N G

Frequently Asked Questions

How long does the LIVESTRONG at the YMCA program last?

LIVESTRONG at the YMCA is a twelve-week program. The program meets twice per week for 90 minutes.

Is LIVESTRONG at the YMCA for adults only?

Yes, LIVESTRONG at the YMCA is currently designed for adult cancer survivors.

Who is LIVESTRONG at the YMCA designed to help?

The program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal." Cancer survivors are defined as anyone from diagnosis through remission.

How can LIVESTRONG at the YMCA benefit participants?

Our goal is to help participants build muscle mass and muscle strength, increase flexibility and endurance and improve functional ability. Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes and improving energy levels and self esteem. A final goal of the program is to assist participants in developing their own physical fitness program so they can continue to practice a healthy lifestyle, not only as part of their recovery, but as a way of life. In addition to the physical benefits, the program provides participants a supportive environment and a feeling of community with their fellow survivors, YMCA staff and members.

Will all of the LIVESTRONG at the YMCA programs be the same?

No, YMCA Wellness Coaches will be working with each participant to fit the program to their individual needs. The instructors are trained in the elements of cancer, post rehab exercise and supportive cancer care.

Are there any other programs at the Y that can benefit a participant?

In addition to the LIVESTRONG at the YMCA program, Ys may offer programs such as yoga, water exercises, Pilates, and FitPath, as well as Life University classes, based on participant need or interest.

How much does the LIVESTRONG at the YMCA program cost?

The costs associated with the program are underwritten by the YMCA. Space is limited for each session to allow for a low LIVESTRONG at the YMCA instructor to participant ratio.

How can I find out more about the program or register?

Contact Gae Dougherty at 253-460-8986 gdougherty@ymcapkc.org for more information.