

BENEFITS OF EXERCISE FOR CANCER SURVIVORS

An expansive body of research points to the relationship between exercise and cancer survival. Exercise is safe/effective both during and after treatment, and may reduce symptoms, enhance perception of health, and more!

EXERCISE POSITIVELY AFFECTS:

- Quality of life
- Symptoms/side effects
- Cardiorespiratory fitness
- Fatigue
- Depression and anxiety
- Functional ability

EXERCISE ALSO IMPROVES YOUR OVERALL HEALTH, HELPING TO:

- Improve your mood
- Manage your weight
- Boost energy
- Promote sleep
- Combat heart disease, lung disease, hypertension, and more!

UPCOMING SESSIONS

LIVESTRONG® at the YMCA is offered on an ongoing basis. Our next session will be held starting the second week of January 8.



Questions?

Contact the YMCA at 816.671.9622

YMCA of St. Joseph

3601 N Village Dr. | stjoymca.org



LIVESTRONG®

AT THE YMCA



The program meets twice a week, with each class lasting around 90 minutes. Each meeting includes a variety of activities, including workouts, nutrition coaching, community-building with other cancer survivors, health lectures, and more. Participants also receive a free YMCA membership for the duration of the program, to continue their wellness journey outside of formal class times.

- FREE 12-week YMCA membership, during the program duration
- Participants may choose a support person, who also attends the program.
- Must be 18 or older.
- Exclusive LIVESTRONG® at the YMCA t-shirt

THANKS TO OUR GENEROUS DONORS THIS PROGRAM IS AT NO COST TO OUR PARTICIPANTS