



## 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 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 begin Monday, January 6, 2025.

Sessions will be held Monday & Wednesday 11:00 am - 12:30 pm. Call the Y for more information.



### Questions?

Contact the YMCA at 816.671.9622

### YMCA of St. Joseph

3601 N. Village Dr. | stjyomca.org



### EXERCISE POSITIVELY AFFECTS:

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

The program meets twice a week, with each class lasting around 90 minutes. Each meeting includes a variety of activities, including workouts, 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.

# LIVESTRONG®

## AT THE YMCA

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