



LIVESTRONG<sup>®</sup>  
FOUNDATION

YMCA OF MIDDLE TENNESSEE

# WHERE SURVIVORS GROW STRONGER

LIVESTRONG<sup>®</sup>  
AT THE YMCA



Livestrong at the YMCA is a 12-week, evidence-based physical activity program specifically designed for adult cancer survivors. Developed in partnership with the Livestrong Foundation, it offers a structured, medically informed path back to strength, fitness, and well-being.

## PROGRAM DETAILS

- Free of charge to participants
- Two 90-minute sessions per week for 12 weeks
- Small-group format held at a YMCA
- Cardiovascular conditioning, strength training, balance, and flexibility
- Facilitated by YMCA-certified instructors trained in supportive cancer care
- Functional and Quality of Life assessments before and after participation
- Open to any adult 18 or older living with or beyond cancer — no Y membership required

[ymcamidtn.org/livestrong](http://ymcamidtn.org/livestrong)

## EVIDENCE & OUTCOMES

A randomized controlled trial by Yale Cancer Center and Dana-Farber/Harvard Cancer Institute demonstrated that Livestrong at the YMCA helps survivors meet or exceed recommended physical activity levels, significantly increase cardiovascular endurance, and experience improved quality of life with reduced cancer-related fatigue.

## LIVESTRONG AT THE YMCA BY THE NUMBERS

**88,143**

participants served nationwide

**42**

states currently delivering the program

**374**

YMCA program sites nationwide

**Who Qualifies:** Any adult age 18 or older who is living with or beyond cancer treatment — regardless of cancer type, stage, or time since diagnosis. YMCA membership is not required.

**How to Refer a Patient:** Direct eligible patients to our program landing page or encourage them to contact the Downtown YMCA directly. A patient handout is also available for you to distribute.