

The Mankato Area Family YMCA is a membership organization that is accessible to all people. Financial assistance is offered to individuals and families who cannot afford a membership. Joining the Y means being part of a community – one that fosters relationships, and strengthens your spirit, mind and body. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not only bring about meaningful change in yourself, but in your community too.

AMONG OUR OFFERINGS:

- Child Care and Education
- Health, Well-being and Fitness
- Swim, Sports and Play
- Volunteerism

THE Y'S MISSION: Providing for the physical, mental, and spiritual well-being of the individual, family, and community.

THE Y'S CAUSE: At the Y, strengthening community is our cause. Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The Y, founded locally in 1857, is one of Mankato's leading 501(c)(3) nonprofits, committed to strengthening our community in the areas of youth development, healthy living and social responsibility.

Mankato Family YMCA
1401 S. Riverfront Drive
Mankato, MN 56001
507 387-8255
www.mankatoymca.org

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1401 S. RIVERFRONT DRIVE
MANKATO MN 56001

LIVESTRONG[®]
AT THE YMCA



LIVESTRONG[®]
FOUNDATION



Winter 2018
February 6 – April 26, 2018
MANKATO FAMILY YMCA

February 6 – April 26, 2018
Tues/Thurs 5:30–7:00 p.m.

LIVESTRONG® at the YMCA is a 12-week small-group fitness program for adult cancer survivors who have become de-conditioned or chronically fatigued from their treatment and/or disease.

THIS PROGRAM INCLUDES:

- 12-week YMCA Family Membership
- Two 90-minute classes per week
- A combination of individual instruction and group activities
- Workouts include cardiovascular exercise, strength training, and balance work
- Full access to the Mankato Area Family YMCA

PROGRAM GOALS

- Improve energy levels and self-esteem
- Build muscular strength and endurance
- Improve flexibility
- Improve circulation and functional ability to complete everyday tasks
- Reduce the severity of therapy side effects
- Restore balance
- Improve body image
- Reduce stress levels
- Build supportive relationships in a comfortable and safe environment



PROGRAM INSTRUCTORS

Our LIVESTRONG® at the YMCA Instructors are certified fitness instructors that give personal instruction in a group setting.

Each instructor has undergone specialized training in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.

CRITERIA FOR PARTICIPATION

- Any adult who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e. surgery, chemotherapy, radiation, etc) in the past that wants to regain their health and well-being.
- Strong personal desire – a must have to enroll in program.
- Personally commit to attending all classes.

BEFORE ATTENDING:

- Inform your physician that you plan to join the program
- Participants must receive medical clearance and will be evaluated on an individual basis.
- Complete our screening forms and answer a health questionnaire.
- Give permission for Assistant Director of Healthy Living to contact your health care provider if necessary.

REACHING GOALS TOGETHER

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and LIVESTRONG have joined together to create LIVESTRONG® at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as: building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.



To LEARN MORE ABOUT LIVESTRONG AT THE YMCA

CONTACT:

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***This program is recommended for individuals who have recently finished cancer treatment or survivors looking to regain their health and well-being. Enrollment will be handled on a case-by-case basis.**