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# L I V E S T R O N G™ *at the* YMCA

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A PROGRAM OF THE YMCA AND THE LANCE ARMSTRONG FOUNDATION



## ***Exercise and Thrive Program*** **for Cancer Survivors**

In a partnership between the YMCA of Snohomish County, Fred Hutchinson Cancer Research Center and the Lance Armstrong Foundation, a 10-week/2 day per week/ 90-minute class program, *Exercise and Thrive*, is available to Puget Sound-area cancer survivors. Classes include strength training, cardio, flexibility, core and balance, resistance training, deep breathing, nutrition and a class led by a naturopathic doctor.

Studies from the National Cancer Institute and an ever-increasing body of research confirms the tremendous benefits of exercise for cancer patients. Research shows that physical activity may reduce the risk of cancer recurrence and increase survivorship for cancer patients.

### **Exercise Can Help Cancer Survivors:**

- Reduce fatigue
- Improve muscle strength
- Improve energy levels
- Improve balance
- Increase flexibility and endurance

### **Program Requirements:**

- 30 days post active treatment
- 21 years of age or older
- Obtain a medical clearance from doctor

### **Program Locations:**

Marysville/N. County Family YMCA, 6420 60<sup>th</sup> Drive NE, Marysville WA  
Monroe Family YMCA, 14033 Fryelands Blvd., Monroe WA

### **More Information:**

Caroline Brown 360.651.1605 or [cbrown@ymca-snoco.org](mailto:cbrown@ymca-snoco.org)