



L I V E S T R O N G<sup>®</sup>  
A T T H E Y M C A

## LIVESTRONG<sup>®</sup> at the YMCA Participant Information

### Participating in LIVESTRONG<sup>®</sup> at the YMCA

We are excited to have you participate in the Greater Green Bay YMCA LIVESTRONG<sup>®</sup> at the YMCA program! To ensure your experience is a success, we ask that you stay involved throughout the entire program. Here are a few ways to ensure that you get the most out of your program.

### When to Come

Please arrive on time for your session. You will need to commit to attending the full 12-week program. Even though we only meet twice a week, your YMCA membership provides access to any Green Bay YMCA location at any time! Visit [greenbayymca.org/locations](http://greenbayymca.org/locations) to find other branches near you. Your membership includes access to the pool, group fitness classes, wellness centers, and so much more! Not sure where to get started? Ask your instructors for suggestions.

### What to Wear

- Comfortable clothes. Stay away from tight-fitting clothes like jeans or khaki pants. They restrict your movement and do not allow you to get the full benefit of your exercise. Breathable or moisture-wicking fabrics are best to help keep you cool while working out. Often times, these fabrics are specifically designed for exercise and won't restrict your movements.
- Sneakers. When exercising, safety is always first! When walking on a treadmill or lifting weights the best way to stay safe is to have covered toes with a snug fitting shoe.

### What to Bring

- Water bottle. During exercise, your body works harder and your temperature rises. Keep your body cool and happy by bringing a water bottle. Your body will thank you for keeping it hydrated.
- Compression sleeve. If your doctor has given you a compression sleeve, it is important that it is used during all forms of exercise. Make sure that you bring the sleeve with you to all classes.

### When to Communicate

Please let us know when you are running late or if you are going to miss a class. If we don't hear from you, we worry! If something has changed after our initial "Getting to Know You" appointment or since you submitted your medical referral form, tell us! Our number one priority is your safety. We can adapt and modify any exercise to fit how your body is feeling or your doctor's orders. We know there are bad days and great days. On those good days, remember we are here to support you. If you are struggling with being motivated, if you are anxious about an appointment or you just need to talk, we're here to listen.

### Who are the trainers

You will be working with trained YMCA staff. These instructors are certified in health and wellness and also trained in working with the cancer community.



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### **What to Expect**

Class sessions last about 75 minutes. During that time, trained instructors will lead the group through various strength training and cardio exercises. They will also work with you to listen to your body and not push yourself farther than you are capable, but still improve fitness. All exercises can be modified for your individual needs.

During the 12-week LIVESTRONG® at the YMCA program, our small group will form bonds. We will get to know each other on a personal level, support each other and have fun. Although we won't pry if you don't feel comfortable, we do encourage you to share. Others can learn and relate to your personal experiences. Be prepared to be open and honest about yourself and your journey.

### **Questions?**

Contact Katie Mandell

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