



### KAREN TREBATOSKI

I have been attending the Y since I was about 16. Throughout my life I have stepped away from the Y, but always found myself returning. All my life, I have tried to be health conscious and continue exercising. However, after my diagnosis, surgery, and chemo I found myself in what felt like a new me. After chemo treatments I would have to remain in the hospital to be monitored for sometimes six days. I was depending completely on others to help get me through. I had a good support system, but still felt alone and wondered what was out there that could help me. Support of family and friends is always helpful, but at some point an individual wants to be able to find their "inner" motivation; which I have always struggled with. I needed support and encouragement to help me make sense of my situation. I was attending the Cancer Support Group at the hospital when I learned about the LIVESTRONG® at the YMCA program. Yet again, I found myself in the arms of the Y, and as it turned out, at the perfect time.

Through the program I came to find comfort, support, encouragement, and hope from the other participants and staff. Some days I didn't feel I could do anything, but was able to find trust in the other participants and staff to understand and comfort me. The staff's energetic frame of mind would rub off on me and I went from "I don't know if I can do this" to "I can do the best that I can do today". The programs use of physical assessments allowed me to watch my progress and find more motivation.

Ultimately, getting more exercise helped strengthen my body to fight back, but I feel that individuals are a package deal: mind, body, and soul. This program not only focused on strengthening my physical body, but also helped me through all of the emotions. Being able to connect with the other participants and the compassion of staff helped a lot. I am grateful LIVESTRONG® at the YMCA came to Point and helped me find more confidence and willingness to take the time to adapt to my new situation. LIVESTRONG® at the YMCA helped me keep strong!



### MICHAEL WESTBERG

Michael Westberg began coming to the Stevens Point Area YMCA after he saw a pamphlet at his doctor's office about the LIVESTRONG® at the YMCA program. He had never been to the Y before, but knew he had to make exercise a priority in his life.

About 10 years ago Michael quite smoking, but still wasn't able to breath comfortably. He went to the doctor and was diagnosed with emphysema and peripheral artery disease. He found it difficult to exercise, but knew he had to work through it. Then, in September, 2011 Michael woke up in the middle of the night and was rushed to the emergency room to get treated for a heart attack. He had surgery to put stents in his heart and began cardiac rehabilitation. Michael was struck with more health issues again in May, 2012 when he was diagnosed with lung cancer. He suffered through a lot of pain post surgery and three months of chemo therapy, but his positive attitude and faith have helped him bounce back.

Michael credits the LIVESTRONG® at the YMCA program for helping him improve his mobility, flexibility, and endurance. His doctor was impressed when he went in for his checkup and his cholesterol and glucose were lower than they have ever been. Michael has a goal of being able to walk 5 miles and hopes that regular visits to the Y will help him achieve it.



**STEVENS POINT AREA YMCA**  
1000 Division Street  
Stevens Point, WI 54481  
715 342 2980  
[www.spymca.org](http://www.spymca.org)



LIVESTRONG®

FOUNDATION

# RETURN TO WELLNESS

## LIVESTRONG® at the YMCA Cancer Survivorship Program STEVENS POINT AREA YMCA





**LIVESTRONG®** at the YMCA is a free small-group fitness program for adult cancer survivors that empowers you to improve your quality of life. Each 12-week session is comprised of classes that meets for 75 minutes, two times per week. Also, you'll receive a free Y membership for the session's duration. Class size is limited to 10 participants per session.



**PROGRAM GOALS**

- Improve energy levels and self-esteem
- Build muscle mass and strength
- Increase flexibility and endurance
- Improve ability to do everyday tasks
- Develop an ongoing fitness plan to continue practicing a healthy lifestyle

**PROGRAM INSTRUCTORS**

Our instructors provide a supportive environment for the class and are specially trained in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.

**REGISTRATION AND INFORMATION**

Contact the **LIVESTRONG®** at the YMCA Coordinators by phone at 715 342 2980 or via e-mail at [livestrong@spymca.org](mailto:livestrong@spymca.org). Additional information may be found on our web site [www.spymca.org](http://www.spymca.org). Advance registration is required.

**CRITERIA FOR PARTICIPATION**

- Personally enroll in the program via phone or e-mail
- Commit to attending 80% of the classes
- Inform your physician that you plan to join the program
- Give permission for the **LIVESTRONG®** at the YMCA Coordinators to contact your physician or health care provider, if necessary

This class is recommended for anyone who has ever been diagnosed with cancer. Enrollment will be handled on a case-by-case basis.



**SUPPORT LIVESTRONG® AT THE YMCA**

Thanks to generous donor contributions, the Stevens Point Area YMCA offers **LIVESTRONG®** at the YMCA at no charge to participants. Your tax deductible donation to our Annual Campaign at the YMCA will help us continue to serve cancer survivors throughout our community.

All gifts are greatly appreciated. To make a contribution to the program, please contact the **LIVESTRONG®** at the YMCA Coordinators at 715 342 2980 or [livestrong@spymca.org](mailto:livestrong@spymca.org).

The YMCA offers a wide variety of programs in addition to Cancer Survivorship programs to support those seeking to live a healthy and fulfilling life.

**LIVESTRONG® AT THE YMCA**

**MEDICAL CLEARANCE FORM**

Dear Doctor:

\_\_\_\_\_ would like to participate in the **LIVESTRONG®** at the YMCA program at the Stevens Point Area YMCA. This is a program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. The program includes cardiovascular conditioning, strength training, balance and flexibility activities. A specific, individualized exercise program will be created for the participant based on needs, interests, and any recommendations from the participant's health care provider.

By completing the form below, you are not assuming any responsibility for our administration of the exercise program. If you know of any medical or other reasons why participation in the **LIVESTRONG®** at the YMCA program by the applicant would be unwise, please indicate so on this form.

This 12 week course includes 2 sessions per week, with each session lasting an hour and fifteen minutes. We would like each participant to attend at least 80% of the classes. Please return this form to Joe Seubert, Membership Director, Stevens Point Area YMCA, 1000 Division St. Stevens Point, WI 54481. If you have any questions about the **LIVESTRONG®** at the YMCA program, please contact Joe Seubert at 715-342-2980 Ext 311.

Report of Physician:

- I believe the participant will be able to participate and complete this course at this time. I know of no reason why the applicant may not participate.
- I believe the participant can participate but may have limitations or may miss classes due to: 1) severity of disease 2) co-morbidities.
- I believe the applicant should defer this course until completion of therapy.
- The applicant should not engage in the following activities:

\_\_\_\_\_  
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- I recommend that the applicant NOT participate in the program.

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 Physician Signature Date

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 Email Address Phone