

Ways regular exercise may help you during cancer treatment -

- Keep or improve your physical abilities
- Improve balance, lower risk of falls and broken bones
- Lower the risk of heart disease
- Lessen the risk of osteoporosis
- Improve blood flow to your legs and lower the risk of blood clots
- Improve your self-esteem
- Lower the risk of anxiety and depression
- Lessen nausea
- Improve your ability to keep social contacts
- Help reduce symptoms of fatigue
- Help you control your weight
- Improve your quality of life and independence

“We still do not know a lot about how exercise and physical activity affect your recovery from cancer, or their effects on the immune system. But regular moderate exercise has been found to have health benefits for the person with cancer.”

Above Information provided by
www.cancer.org



SANFORD-SPRINGVALE YMCA

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PARTNERS IN CANCER RECOVERY A YMCA WELLNESS SUPPORT PROGRAM



WHO WE ARE

The Sanford-Springvale YMCA is more than just a swim and gym; we are a place where individuals and families seek out healthy living and a place to belong. At the Y we promote, YOUTH DEVELOPMENT, HEALTHY LIVING & SOCIAL RESPONSIBILITY. We are currently home to over 4,000 people from the surrounding communities.

We provide a place of support, comfort and encouragement to all of our members and program participants.

We know first hand how difficult it can be to find balance in life. That is why we're here with you every day, making sure that you, your family and our community have the resources needed to learn, grow, and thrive.

**BELONG
WITH ALL
YOUR HEART**

WHAT IT'S ABOUT

The Sanford-Springvale YMCA is a place that helps to promote the health and well-being for individuals seeking a healthier lifestyle. The Cancer Wellness Support program is a free 12-week YMCA Funded and YMCA managed program for cancer survivors during and/or post treatment. Annual contributions to the We Build People Campaign help the Y to support this program. In the past 2 years we have been able to provide 15 individuals with this great opportunity.

The emphasis will be on increasing the individuals physical abilities and decreasing their fatigue.

Participants will receive membership privileges for themselves and a caregiver, also including one-on-one support from our caring wellness staff.



“There are approximately 12 million cancer survivors in the United States today.

Recently, a roundtable of experts from the American College of Sports Medicine reviewed all the latest data and literature in relation to cancer and exercise and concluded that exercise is not only safe for survivors but plays an important role in improving their physical functioning, quality of life, and treatment-related fatigue.”

PROGRAM BENEFITS INCLUDE:

- 3 MONTHS of FREE membership for survivor plus caregiver
- Fitness orientation and coaching support from fitness staff
- FREE group fitness classes, all abilities and levels are welcome
- FREE access to our pool, sauna and other member benefits