



LIVESTRONG®

FOUNDATION

Welcome to the **LIVESTRONG** at the YMCA program!

We are happy that you are joining our program and look forward to getting to know you. **LIVESTRONG** at the YMCA is a structured exercise program in a supportive environment. It is designed to improve your cardiovascular fitness, strength, balance, and flexibility. The program will run for 12 weeks, with two meetings per week lasting 90 minutes each. Regular attendance and participation creates the group experience and supportive environment, which you will discover is a valuable part of the program. We understand you may have appointments or commitments that cannot be changed, just keep us informed if you plan on missing one of the sessions.

Prior to the start of the program, we require some documentation from you and your physician. Enclosed you will find an Informed Consent form and a Medical Clearance form. Please review these forms with your physician and discuss if the **LIVESTRONG** at the YMCA program is appropriate for you. You will also find an Intake Form that will help us get to know you better and ensure the program meets your needs. All paperwork, surveys, and assessments are kept confidential; your response and/or performance will not be shared with anyone outside the **LIVESTRONG** at the YMCA program.

Once you have completed the paperwork, please return it to our Members Services and request an Intake Interview with our **LIVESTRONG** at the YMCA staff. You can expect to be contacted by our staff within one week to schedule your Intake Interview and discuss any questions you may have.

If you have any questions or would like more information about the **LIVESTRONG** at the YMCA program, please contact our program director or program coordinator.

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