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FREE LiveSTRONG® Program Offered at the Rapid City YMCA

12-week small-group fitness program helps adult cancer survivors gain strength and confidence.

RAPID CITY, SD AUGUST 27, 2024 – Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA of Rapid City and the LiveSTRONG® Foundation have partnered together to create LiveSTRONG at the YMCA – a research-based physical activity and wellness program designed to help adult cancer survivors reclaim their total health and well-being.

“Participants work with Y staff trained in supportive cancer care to safely achieve their goals”, states Nicole Craig, certified LiveSTRONG coach. “The program focuses on building muscle mass and strength, increasing flexibility and endurance and improving confidence and self esteem”.

By focusing on the whole person, and not the disease itself, helps people move beyond a cancer diagnosis in spirit, mind and body – the mission of the YMCA.

The program is free and open to everyone ages 14 and up, and includes:

- A FREE, full access 12-Week YMCA membership for the survivor and their caretaker
- Full fitness assessment, including the 6-minute walk test, one repetition max test for upper and lower body, and balance and flexibility test
- Two 90-minutes classes per week
- A combination of individual instruction and group activities, including cardiovascular exercise, strength training and balance work

Sessions begin September 24 and are held Tuesdays and Thursdays from 2-3:30PM through December 12 at the YMCA of Rapid City Wellness Center, 815 Kansas City Street.

Questions? Please contact Nicole Craig at 605-718-9622, via email to nicolec@rcymca.org or register today at rcymca.org

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About the Rapid City Y

Driven by its founding mission, the Rapid City Y has served as a leading nonprofit committed to strengthening community for more than 76 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at rcymca.org