

## LIVESTRONG AT THE YMCA REFERRAL AND MEDICAL CLEARANCE FORM

Dear Doctor or Nurse Practitioner:

\_\_\_\_\_ is considering participation in LIVESTRONG at the YMCA, a health and wellness program run by the YMCA in collaboration with LIVESTRONG. Due to his/her current physical status, your input is essential to insure a safe, effective and enjoyable experience for this person. Each participant must have a referral from a medical professional indicating the reason for the referral to the program.

Please indicate below your professional opinion regarding this participant's enrollment in the program. If you know of any medical or other reason(s) why participation by this person would be unwise, please denote on this form. By completing this form, you are not assuming any responsibility for our administration of this program.

If you have any questions or concerns, please contact the LIVESTRONG at the YMCA advisor. Thank you in advance for your time and assistance.

Program Coordinator Travis Lerma  
Phone 719.495.5130  
Email tlerma@ppymca.org

### REPORT OF MEDICAL PROFESSIONAL

Doctor's Clearance ☐ Yes ☐ No

The participant was referred to the program to address the following: \_\_\_\_\_

\_\_\_\_\_

The participant should not engage in the following activities: \_\_\_\_\_

\_\_\_\_\_

Medical Professional's Name \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

Phone \_\_\_\_\_

I give the YMCA of the Pikes Peak Region permission to discuss my medical status with my physician to insure a safe, appropriate and enjoyable exercise program will be designed.

Signature \_\_\_\_\_

Date \_\_\_\_\_



**\*Assessments start two weeks before classes start.**

### How Can I Find Out More?

**For class information:**

Visit [ppymca.org/LIVESTRONG](http://ppymca.org/LIVESTRONG)

**For additional questions:**

Please contact Travis Lerma,  
Phone: 719.495.5130  
Email: [tlerma@ppymca.org](mailto:tlerma@ppymca.org)

**Please fax this form**

to Pikes Peak YMCA's secure fax:  
719.272.7026

# LIVESTRONG® AT THE YMCA



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YMCA OF THE PIKES PEAK REGION



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# RENEW REBUILD RECONNECT

LIVESTRONG® AT THE YMCA

**Helping cancer survivors begin the journey toward recovery.**

- Expert, caring staff
- Warm spirit of community
- Safe, comfortable place
- Working at your own pace

**Helping cancer survivors begin the journey toward recovery.**

YMCA OF THE PIKES PEAK REGION  
[ppymca.org/LIVESTRONG](http://ppymca.org/LIVESTRONG)

# LIVESTRONG® AT THE YMCA



**As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start?**

**LIVESTRONG at the YMCA can help.**

In 2008, national YMCA partnered with the LIVESTRONG® Foundation to help cancer survivors begin the journey toward recovery with the LIVESTRONG at the YMCA program. Part of the Y's commitment to strengthening community through healthy living, the program offers adults affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person.

## HOW DOES THE PROGRAM WORK?

LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. The free, 12-week program meets twice a week using traditional exercise methods to ease you back into fitness and help you maintain your confidence. You'll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program has ended.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community—a safe, comfortable place for you to build companionship with others affected by cancer and share stories of inspiration.

## TAKING IT AT YOUR OWN PACE

No one experiences cancer in the same way. Participants come to the program with different physical challenges and lifestyle goals. LIVESTRONG at the YMCA provides you with individualized attention and an approach to recovery that targets the areas you need to rebuild. There is no competition here—physical activities are tailored to match only what you're able to accomplish.



## EXPERT, CARING STAFF

LIVESTRONG at the YMCA staff have been specially trained to work with cancer survivors and patients. They're exercise experts who understand your unique physical needs and concerns and help you address them safely. They're also relationship builders with the empathy and the ability to connect with and develop relationships with and among cancer survivors and their families.

## THE NEED FOR LIVESTRONG AT THE YMCA

Medical studies have shown that moderate levels of appropriate physical activity can reduce fatigue, boost self-esteem and improve muscle strength and physical endurance in individuals following cancer treatment. Cancer survivors themselves are increasingly aware of the positive impact that moderate physical activity, supportive relationships and stress reduction techniques can have on their quality of life. LIVESTRONG at the YMCA has helped thousands of cancer survivors move beyond cancer in spirit, mind and body.

The LIVESTRONG Foundation serves people affected by cancer and empowers them to take action against the world's leading cause of death. The LIVESTRONG Foundation offers additional services and resources for survivors at [LIVESTRONG.org](https://www.livestrong.org)