



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG at the YMCA Participant Information

Participating in *LIVESTRONG* at the YMCA

We are excited to have you participate in the YMCA of Northwest North Carolina *LIVESTRONG at the YMCA* program! To ensure your experience is a success, we ask that your involvement remains active throughout the entire program. Here are a few ways to ensure that you get the most out of your program.

When to Come

William G. White, Jr. Family YMCA: Monday's and Wednesday's 9:30 – 11:00 AM

Anytime. Even though we only meet twice a week, your Metro YMCA membership gives you access to any YMCA of NWNC location at any time! Your membership includes access to the pool, group fitness classes and our wellness centers. Stop by and surprise your instructors with an impromptu workout!

What to Wear

Comfy clothes. Stay away from tight fitting clothes like jeans or khaki style pants. They restrict your movement and do not allow you to get the full benefit of your exercise. Breathable or moisture wicking fabrics are the best to help keep you cool while working out. Often times, these fabrics are specifically designed for exercise and won't restrict your movements.

Sneakers. When exercising, safety is always first! Walking on a treadmill or lifting weights, having covered toes with a snug fit shoe are the best way to keep your feet safe!

What to Bring

Water Bottle. During exercise, your body works harder and your temperature rises. Keep your body cool and happy by bringing a water bottle. Your body will thank you for keeping it hydrated.

Compression Sleeve. If your doctor has given you a compression sleeve, it is important that it is used during all forms of exercise. Make sure that you bring the sleeve with you to all classes. If you struggle to put the sleeve on, the *LIVESTRONG at the YMCA* instructors are happy to help to ensure you are exercising safely and within your doctor's recommendations.

When to Communicate

Attendance. Let us know when you are running late or if you are going to miss a class. If we don't hear from you, we worry!

Health Checks. If something changes since our initial Getting to Know You appointment or since you submitted your medical referral form, tell us! Our number one priority is your safety. We can adapt and modify any of your exercise to fit how your body is feeling or your doctor's orders.

Support. We know there are bad days and great days. On those good days, remember we are here to support you. If you are struggling with being motivated, if you are anxious about an appointment or you just need to talk, it is our pleasure to listen. Call us!

YMCA OF NORTHWEST NORTH CAROLINA

301 N Main Street, Suite 1900 Winston-Salem NC 27101

P 336 777 8055 F 336 777 6345 www.ymcanwnc.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."



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What to Expect

Fellowship. During the 12 week *LIVESTRONG at the YMCA* program, our small group will form an incredible bond. We will get to know each other on a personal level, support each other and have fun. Although we won't pry if you don't feel comfortable, we do encourage you to share. Others can learn and relate to your personal experiences. Be prepared to be open and honest about yourself and your journey.

Diversity. At the YMCA, we value people's personal backgrounds, beliefs and convictions. We believe that each individual who participates in Y programs can offer a unique perspective in the education of our group setting.

Respect. As we embrace our diverse group of survivors, respect for all our participants is crucial to guarantee an inviting environment. As instructors, we will ensure that respect is provided to each participant. As a participant, it is your responsibility to welcome conversations from other survivors. In addition, providing a platform of opportunity to share and discuss one's feelings and emotions will make certain our *LIVESTRONG at the YMCA* environment is a safe space for all survivors.

Etiquette. In addition to respect for our *LIVESTRONG at the YMCA* peers, please remember we have many members to make up the YMCA of NWC Community. When working out in the facility, please remember to spray down equipment after use, refrain from cell phone usage and be conscious of others needing to use the same machine. Help us keep our equipment germ free, safe by not being distracted in outside conversations and be considerate with your time on individual machines.

Who I Will be Working With

Mandy Hemmings, Certified Senior Fitness Consultant, Elite Personal Training Certification. I am so excited to be a part of this Livestrong at the YMCA program, because I really feel that it will have a big impact not on in the lives of our survivors, but also their families and the community around us. I have watched a dear friend struggle with being a single mom to a beautiful 4 year old and deal with stage III breast cancer. Some day's exercise has been the only thing to get her through the day, and if I can be a part of that and make a difference, then I want to do all that I can. I have a long back ground in orthopedics as well as orthopedic oncology as well as rehabilitation. I also have certifications in senior fitness health as well as personal training.

Linda McCoy, Water Aerobics and Group Exercise Instructor. Certifications include ASHI Basic First Aid, CPR, Oxygen, Pilates Instructor and Trainer, Group Cycling Instructor, Foundations of Group Exercise, Healthy Lifestyles, Stability Ball Training and Get Real Weight Loss, Water Fitness Instructor, Swim Lesson Instructor, Lifeguard, WaterArt, Aquatics Personal Training Specialist, and Rehabilitation Specialist. It has been my privilege to work for the YMCA for the past 10 years leading classes of various types. I worked in nursing (including Oncology) while in the Navy and in the Wellness Department of an insurance company prior to working for the Y. I am excited to participate in the LIVESTRONG at the YMCA because it will allow me to use many of the principles I have learned throughout my career. The program is near and dear to my heart as I have many family and friends who have/and are battling cancer...including my mother, who begins chemo and radiation treatment next week.

Jessica Sheedy, M.S. in Health Promotion and ACE Certified Personal Trainer. I am extremely excited about helping with the LIVESTRONG program. My educational background is in Health Promotion, so I have always had an interest in helping people live healthier lives. When my 32 year old sister was diagnosed with Stage 3 breast cancer last summer, I became very passionate about working with cancer survivors. I went to every chemo treatment with her which made me realize just how strong cancer survivors are and how vital a positive attitude is. It is my goal to brighten everyone's day whether it is by just listening, smiling, or just by being by their side. Sometimes it's the simplest things that have the biggest impact. I have seen firsthand the effects of cancer on an individual and a family, and I feel that it is now my calling to work with cancer survivors and their families to make a positive impact on their lives physically, mentally, emotionally, and spiritually.

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