Program Instructors

The La Crosse Area Family YMCA's A New Direction Instructors are certified fitness instructors that give personal instruction. Each instructor has undergone specialized training in the elements of cancer, post cancer exercise, nutrition, and supportive cancer care.

Criteria for Participation

Any youth or young adult from birth to 30 years of age who is currently going through cancer treatment or has gone through some form of cancer treatment (i.e. surgery, chemotherapy, radiation, etc.) in the past that wants to regain their health and well-being.

- Strong personal desire – participant needs to enroll in the program or have a parent or guardian enroll them
- Personally commit to attending all sessions
- Inform your physician that you plan to join the program
- Participants must receive medical clearance and are evaluated on an individual basis
- Complete our screening forms and answer a health questionnaire
- Give permission for the A New Direction Project Manager to contact your health care provider if necessary

To learn more about the A New Direction program contact:

Rachel LaValley
Health Intervention Director
608-519-5473
rlavalley@laxymca.org

LA CROSSE AREA FAMILY YMCA

Dahl Family YMCA
1140 Main Street, La Crosse, WI 54601

R.W. Houser Family YMCA
400 Mason Street, Onalaska, WI 54650

608-782-9622 | **WWW.LAXYMCA.ORG**

INSPIRE CONNECT RESTORE

A NEW DIRECTION
Youth and Young Adult Cancer Survivor Program

LA CROSSE AREA FAMILY YMCA

THE PROGRAM

A New Direction is designed to help youth and young adult cancer survivors regain their health and well-being before, during and after cancer treatments. This **FREE** 24-session physical activity program will provide youth and young adults the opportunity to regain their health and well-being in the safe and comfortable environment of the Y.

STRENGTHEN SPIRIT MIND & BODY

This program includes:

- A one-on-one environment with a certified instructor where each participant is able to bring someone (parent, friend etc.) to each class to accompany them
- 24 one-hour sessions
- Free family membership for duration of the 24 sessions
- Functional assessments in session 2 (Pre-Program)
- Functional assessment in session 23 (Post Program)
- A concentration on stretching, balance and functional ability
- A concentration on cardiovascular activities
- A concentration on strength training

Program Goals

- Improve flexibility
- Restore balance
- Improve body image
- Reduce stress levels
- Improve energy levels and self-esteem
- Improve cardiovascular endurance
- Build muscular strength and endurance
- Reduce the severity of treatment side effects
- Improve circulation and functional ability to complete every day tasks
- Build supportive relationships in a comfortable and safe environment