

MEDICAL CLEARANCE FORM

Client's Name: _____ Date: _____

Client's Phone: _____ Client's DOB: _____

Client's Email: _____

Physician's Name: _____ Physician's Phone: _____

Dear Doctor _____

Your patient, _____ has requested to participate in **YOUTHSTRONG**: a youth cancer survivor program at the La Crosse Area Family Y. Depending on age, participants will be involved in either youth programming or have 24 Personal Training sessions. All fitness assessments and exercise activities will be administered by qualified personnel.

By completing the form below, you are not assuming any responsibility for our administration of the fitness assessment or exercise program. If you know of any medical or other reasons why participation in the **YOUTHSTRONG** program would be unwise for your patient, please indicate so on this form.

If you have any questions regarding **YOUTHSTRONG**, please call the Health Director, Dana Boler.
Phone: (608) 519-5473 Email: dboler@laxymca.org
Return Fax: (608) 782-9616

Physician's Report

- Not cleared to exercise at the time
- Cleared to exercise with no restrictions
- Cleared to exercise with these restrictions and/or recommendations

Physician's signature: _____ Date: _____



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The La Crosse Area Family Y is a membership organization that is accessible to all people. Financial assistance is offered to individuals and families who cannot afford membership. Joining the Y means being part of a community- one that fosters relationships, and strengthens your spirit, mind and body. With a focus on developing the potential of kids, improving health and well-being, and giving back and supporting our neighbors, your membership will not just bring about meaningful change in yourself, but in your community too.

Among our offerings:

- Child Care and Education
- Health, Well-being and Fitness
- Swim, Sports and Play
- Volunteerism

The Y's Mission: The La Crosse Area Family Y is a non-profit organization dedicated to enriching our community by promoting physical, mental and spiritual well-being for all.

The Y's Cause: At the Y, strengthening community is our cause. Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The Y, founded in 1883, is one of La Crosse's leading 501(c)(3) nonprofits, committed to strengthening our community in the areas of youth development, healthy living and social responsibility.

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

YOUTHSTRONG Youth Cancer Survivor Program



La Crosse Area Family Y

THE PROGRAM

YOUTHSTRONG is designed to help youth and young adult cancer survivors regain their health and well-being before, during and after cancer treatments. This **FREE** year-long physical activity program will help transition cancer survivors into the next chapter of their health and wellness journey.

STRENGTHEN

SPIRIT
MIND
& BODY



PROGRAM GOALS:

- Build supportive relationships in a comfortable and safe environment
- Strengthen both mind and body
- Improve flexibility
- Restore balance
- Improve self-esteem
- Reduce stress levels
- Increase energy levels
- Build muscular strength and cardio endurance
- Reduce the severity of treatment side effects
- Improve circulation and functional ability to complete every day tasks
- Have fun!

6 MONTHS - 9 YEARS:

- Free year-long family membership
- Free youth programs for the participant throughout the year
*Does not include private programming

10 YEARS TO 18 YEARS:

- Free year-long family membership
- 24 one-hour sessions with a Personal Trainer
*To be used within the duration of the membership
- Functional assessments pre and post program
- A concentration on
 - stretching, balance and functional ability
 - cardiovascular activities
 - strength training



YOUTHSTRONG is free to all participants thanks to the Y's Annual Campaign. Help support more cancer survivors by making a gift to the Y.



TOGETHER IN RECOVERY

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y offers **YOUTHSTRONG**, a research-based physical activity and well-being program designed to help youth and young adult survivors reclaim their total health.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as 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, **YOUTHSTRONG** is helping people move beyond cancer in spirit, mind and body.



To learn more about YOUTHSTRONG, contact:

Dana Boler
Health Director
608-519-5473
dboler@laxymca.org

