



## National Resources for Individualized Physical Activity Plans for Cancer Survivors

### **LIVESTRONG at the YMCA**

<http://www.livestrong.org/what-we-do/our-actions/programs-partnerships/livestrong-at-the-ymca/>

This is a 12-week, small group program designed for adult cancer survivors

### **American College of Sports Medicine ProFinder®**

[http://members.acsm.org/source/custom/Online\\_locator/OnlineLocator.cfm](http://members.acsm.org/source/custom/Online_locator/OnlineLocator.cfm)

Select "ACSM/ACS Certified Cancer Exercise Trainer" in the Certification/Registry Level drop down box to find a trainer near you.