National Resources for Individualized Physical Activity Plans for Cancer Survivors

**LIVESTRONG at the YMCA**
This is a 12-week, small group program designed for adult cancer survivors

**Survivorship Training and Rehab (STAR Program®)**
The STAR Program® Certification provides hospitals, cancer centers, and group practices with the training, protocols, and other tools needed to deliver evidence-based, best practice, cancer rehabilitation services.

**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.