



## 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

### **Survivorship Training and Rehab (STAR Program®)**

<http://www.oncologyrehabpartners.com/star-certifications/>

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.