



BCREP

Breast Cancer Exercise Recovery

Supported by a grant from the Southwest Michigan Affiliate of the



**Benton Harbor-St. Joseph
YMCA Family Center**

3665 Hollywood Road
St. Joseph, MI 49085

269-428-YMCA (9622)
www.bhsjymca.org

BCREP

Breast Cancer Exercise Recovery Program

■ What is it?

The program is called BCREP, Breast Cancer Recovery Exercise Program. BCREP trainers are certified through the YMCA as personal trainers. They are also either certified as “Cancer Exercise Specialists” or through the ACE approved Exercise and Training After Cancer Program.

■ What does the program provide?

The Breast Cancer Recovery Exercise Program provides personal training services to cancer survivors and focuses on recovery and prevention at the point where medical intervention and physical therapy conclude, providing a “total package” of care.

The goal of the program is to help participants gain or regain a level of fitness that enhances their overall lifestyle.

This is accomplished by:

- increasing shoulder range of motion and overall flexibility preventing the onset of lymphedema
- improving cardiovascular health and muscular strength
- introducing relaxation techniques
- reviewing healthy eating habits



The YMCA provides this safe and effective post breast cancer exercise program in a caring environment.

By the end of the program, participants have learned how to safely return to daily activities and are able to independently incorporate healthy habits into a lifestyle they can enjoy.





■ How do I get started?

Our BCREP Coordinator will talk with you to determine what program best fits your needs. You will be given safe and effective exercises that increase range of motion and help get you back to your normal routine quickly.

Financial assistance is provided by the Southwest Michigan Affiliate of the Susan G. Komen for the Cure, Inc.

If you have any questions about this program, please contact the YMCA (269) 428-9622. Candidates for this program receive a free initial consultation.



*SOUTHWEST
MICHIGAN*

The Susan G. Komen Foundation is dedicated to education and research on breast cancer causes, treatment, and the search for a cure. The Benton Harbor-St. Joseph YMCA Family Center has been supported by a grant from the Southwest Michigan Affiliate of the Susan G. Komen Breast Cancer Foundation, Inc. for the development and implementation of their Breast Cancer Recovery Exercise program.



YMCA MISSION

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.



*We build strong kids,
strong families,
strong communities.*

Benton Harbor-St. Joseph YMCA Family Center
3665 Hollywood Road
St. Joseph, Michigan 49085
Phone: 269-428-YMCA (9622)
Fax: 269-429-5482
www.bhsjymca.org