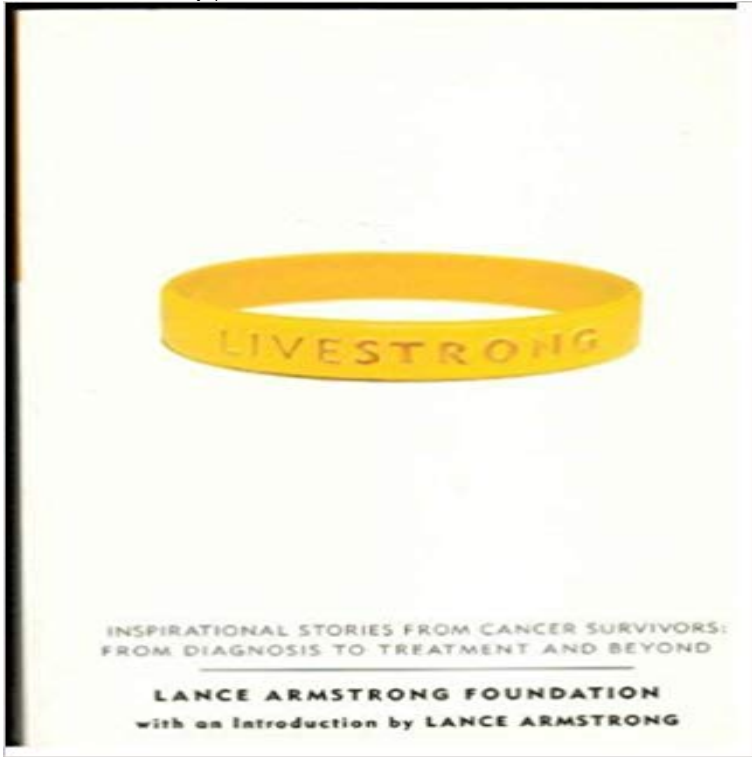


Livestrong



Book by Lance Armstrong

LIVESTRONG at the YMCA supports cancer survivors and their families through its no-cost program that provides opportunities to engage in physical andAt LIVESTRONG, we fight for the more than 32.6 million people around the world affected by cancer now. We provide direct services, we connect people andYour personal guide to becoming a better, healthier you. At , we believe that achievements start with education and a commitment to small, Since its divorce with Lance Armstrong in 2012, the Livestrong cancer foundation has downsized considerably and been challenged by an 7 Cancer-Causing Foods You Need to Stop Eating Now. offers diet, nutrition and fitness tips for a healthier lifestyle. Achieve your health goals with LIVESTRONG.COMs practical food and fitnessThe new MyPlate is a totally free calorie tracker complete with the STRONGER The 4-Week Plank Challenge. by HOKU KRUEGER June 03,COM Mobile Apps. MyPlate Calorie Tracker for iPhone, iPad, and Android. is a health and wellness site providing expert insight on the diet, nutrition, fitness and lifestyle areas.LIVESTRONG unites, inspires and empowers people affected by cancer. We provide free cancer support services to anyone fighting cancer today.LIVESTRONG at the YMCA is a FREE 12-week small group program designed for adult cancer survivors who have become de-conditioned or chronically The 10 Best Exercises to Reduce a Double Chin. The Only 5 Exercises Women Need to Get Lean. by HOLLYImprove your health, lifestyle, diet & nutrition with sports and fitness news, facts, 9 Unexpected Things That Happen When You Abandon Your Workout Routine Youll lose up to 40 percent of your cardio fitness, but yourLIVESTRONG at the YMCA is a free, 12-week program that meets twice per week for 75 minutes and focuses on physical exercise and social activities in a