

PROVEN RESULTS FOR CANCER PATIENTS
180 MINUTES, LONG TERM HEALTH AND MORE...
FIND OUT HOW AND WHY!

There's abundant evidence that exercise and eating right can help prevent people from getting cancer. The latest information shows that exercise for cancer patients can also keep cancer from recurring.

Several recent studies suggest that higher levels of physical activity are associated with a reduced risk of the cancer coming back, and a longer survival after a cancer diagnosis and we have an exercise program that makes for the perfect fit.

In studies of several different cancers, being overweight after completing treatment was associated with shorter survival times and higher risk of cancer recurrence.

Women who exercise after completing breast cancer treatment live longer and have less recurrence, according to recent evidence. Colorectal cancer survivors who exercised lived longer than those who didn't, two recent clinical trials showed.

Colleen Doyle, MS, RD, director of nutrition and physical activity for the American Cancer Society says that any cancer survivor wants to do all they can to prevent cancer recurrence and in doing so some of their goals for healthy living should be around weight control and exercise.

What experts suspected has now been proven. As a cancer survivor, exercising could help you live a longer life -- free from cancer.

Exercise for Cancer Patients: What's In It For Me?

The benefits of exercise for the general population are well-publicized. But what if you're a cancer patient?

Exercise has many of the same benefits for cancer survivors as it does for other adults. Some of these benefits include an increased level of fitness, greater muscle strength, leaner body mass, and less weight gain. In other words, exercise for cancer patients can make you fitter, stronger, and thinner -- like anyone else who exercises.

Exercise can also:

- Improve mood.
- Boost self-confidence.
- Reduce fatigue.
- Lower your risk of cardiovascular disease and diabetes.
- Help maintain your own personal independence

Exercise can help cancer patients maximize health for the long term. Here's how to get started

Exercise for Cancer Patients: When to Start

When should you start exercising after cancer diagnosis and treatment? Researchers and doctors advocate starting as soon as possible. Procrastination is your enemy – don't wait for more energy or a brighter day, get out there and make it happen. You'll be glad you did!

Studies show that after a cancer diagnosis, people slow down. Stress, depression, and feeling sick or fatigued from cancer or its treatment all tend to make people less active. The problem is,

most people stay sedentary after treatment. Join our classes – three classes per week (that's 180 minutes) out of one whole week, give it a try and you'll be amazed at the difference you'll feel!

As a long-term solution to the problem of fatigue, taking it easy and avoiding activity is not a good solution. It is important for cancer survivors to get back to exercising to help their recovery.

In other words: if you've down-shifted your activity level since your cancer diagnosis, now is the time to rev back up. Get yourself back in the game of life!

Exercise for Cancer Patients: What to Do

Every person's situation is different. Before starting a moderate to vigorous exercise program, see your doctor.

The following types of exercise can help cancer patients - and everyone else - get back in shape:

→ **Flexibility exercises (stretching).** Virtually everyone can do flexibility exercises. "Stretching is important to keep moving, to maintain mobility. Like most chronic illnesses the temptation to stay still and inactive is great because disease thrives on low levels of oxygen and little if any activity. One begets the other – the more you move the more oxygen you need and the better your circulation. Whether you're ready for exercise or not stretching is an absolute must! If it can keep Parkinson's patients out of wheel chairs imagine what it can do for you.

→ Aerobic exercise, such as brisk walking, riding a stationary bike and swimming are all good aerobic cardiovascular activities that require greater oxygenation - a real plus! This kind of exercise burns calories and helps you lose weight. Aerobic exercise also builds cardiovascular fitness, which lowers the risk of heart attack, stroke, and diabetes.

→ Resistance training (lifting weights or isometric exercise), builds muscle and improves bone density. No question – hands down our medically recommended total body fitness and yoga classes are a top notch solution. Later in this report you'll hear from a cancer survivor who speaks about the benefits of exercise with and how it's helped her. Many people lose muscle, but gain fat, through cancer treatment. For those with a high fat-to-lean mass ratio exercise is especially important.

RECIPE FOR PROVEN RESULTS

1. Ideally exercise three days per week - We offer Total Body Fitness Classes every week both in the morning and evenings. Mat Pilates and Yoga are among our most popular and each class is just one hour long. Our philosophy for all of our clients is to take what you need from each class – set your own pace and follow our guided instruction to maximize your results and enjoyment of each class.

2. Health Supportive Eating – We teach the art of eating for a healthy and successful lifestyle with classes, private coaching sessions, menus complete with a grocery shopping list and more. Diets do not work but healthy supportive eating does – to find out more visit us at www.phyt4u.com or send an email to Joe at: joe@phyt4u.com to set up a free consultation.

3. Clinical Exercise vs. Traditional – You need an exercise program that is customized to meet and fit your needs and challenges from your health right down to your schedule. Your program should be designed based on your past medical history, exercise experience and personal schedule for the best success possible. Find the exercise professional that's right for you – **HINT: It's usually not the average gym! – Contact us, we can help and were recommended by Johns Hopkins and many others!**

Exercise for Cancer Patients: How Much and How Hard?

For the general population, the American Cancer Society recommends "at least 30 to 60 minutes of moderate to vigorous physical activity at least 5 days a week."

This amount of exercise is proven to reduce the risk of cancer, cardiovascular disease, and diabetes. Experts say it that it should also be beneficial for cancer patients. You can accomplish this in as little as three days a week if necessary no question.

Unless you're already very active, though, you shouldn't expect yourself to achieve this right away. As with anything else, the key is to set small, achievable goals and build on your successes.

If you've already been active -- keep it up! If you haven't been active, start slowly, but start something. Try to find an activity you enjoy. You may want to buddy up with someone at the same fitness level. Having a friend to work out with will increase your motivation.

Whatever you do, don't get discouraged. Doing anything is better than doing nothing.

"The key is to start slowly and build your body's energy over time, be patient with yourself. Your body has been through a lot and it is necessary to challenge it gradually, variety is key!

You can increase your physical activity without joining a gym, or even leaving the house. We teach exercises that can virtually be done anywhere anytime. Just building more activity into your daily routine can get you started..

What if you're just too exhausted to exercise?

"Sometimes fatigue can be so severe that it is good to rest" temporarily but don't time out for good, start again slowly and build up. Your energy level will increase, over the long term.

Exercise for Cancer Patients: What to Watch Out For

Are there any downsides to exercise for cancer patients?

"The risks for cancer survivors are not too different from the general population. Musculoskeletal injuries--soreness, strains and sprains-are the most common.

Exercise for cancer patients may carry a slightly higher risk for heart problems. It is always a good idea to have a complete physical exam and get approval from your oncologists before starting a moderate-to-vigorous exercise program.

You didn't make it through chemo just to end up on the couch. Get together with your doctor, get an exercise program, and get moving! We're here for you...

Joe Green – Clinical Exercise Specialist/Personal Trainer

Fit For You ~ Where Fitness Meets Wellness

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"We Are The Ultimate Total Body Solution!"