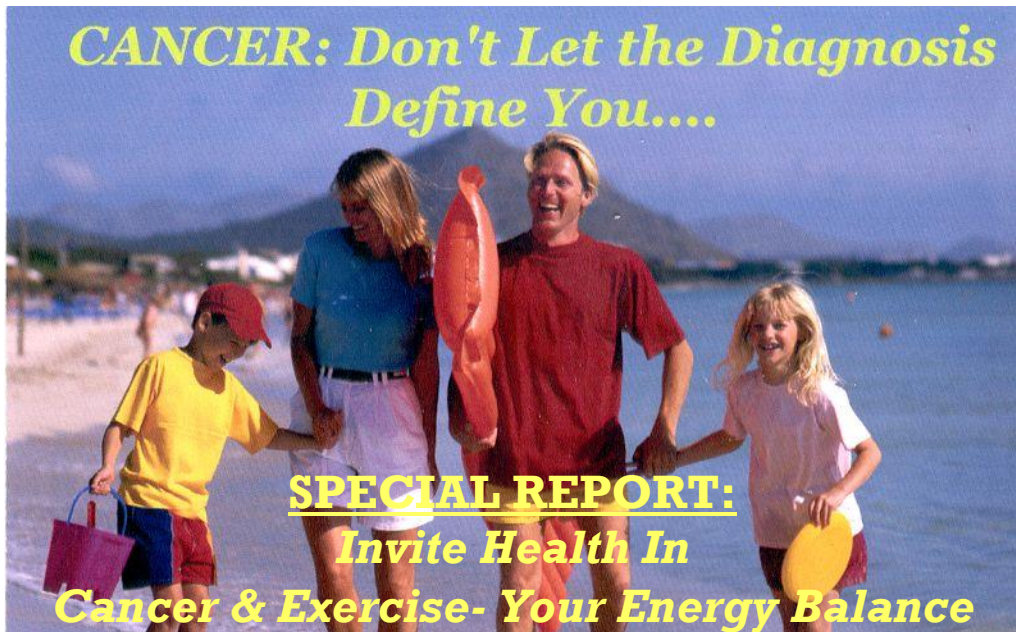


F.I.T. Training
focused on individual training



“Cancer” is a scary diagnosis.

**One that will change your life forever,
but one that doesn't have to define you.**

**You can invite health in at this time in your life
and become your personal best.**

Congratulations on downloading this special report “Invite Health In” and taking the first step toward your energy balance. There is a proven pathway to improved health and fitness through increased physical activity, at any age and during any health challenge. Our hope is that this special report helps you to see your personal path!

“The standard weapons in the fight against cancer - surgery, chemotherapy and radiation - may soon be joined by something far simpler: EXERCISE.” Melinda Irwin, PhD Yale University

Many people living with cancer are eager to learn about ways to support their health. We have created this report to give you some background information regarding the connection between increased physical activity and decreased side effects and recurrence relating after a cancer diagnosis.

The information included in this report is offered as general knowledge and is not a substitute for your doctor's medical advice or treatment for specific medical conditions.

Some folks believe because they have medical issues that exercise or increased physical activity is not for them. However, since you have requested this report, I suspect you are open to considering where you are today in relation to your current fitness level, and have decided you want to improve; hooray for you!

In the past, people with serious chronic diseases like cancer, have been advised by their doctor to avoid physical activity and increase rest. In the case of recent surgery, or if exercise causes rapid heart rate, dizziness or severe pain this may still be the case.

However, the American Cancer Society now advocates that for many cancer patients, exercise is beneficial. ACS studies consistently showed these three benefits of exercise:

- Improved physical fitness
- Higher self-esteem
- Lower levels of anxiety, depression and fatigue

A cancer diagnosis and ensuing chemotherapy or radiation treatments can leave you depressed, tired and lethargic.

However, there are nationally certified cancer exercise trainers, (I am proud to be one) that can help patients and survivors develop a specialized exercise program that's right for them.

What we now know is that exercise not only engages your body, but your mind as well. It can offer you an improved sense of well being and significantly decrease the fatigue and anxiety that

accompanies cancer treatments.

Not to be ignored is the fact that exercise has also been proven to help decrease the chance of a recurrence for many cancers.

Improved Physical Fitness

In a report from the US Surgeon General entitled “Physical Activity and Health” several key messages, directed at those individuals with medical challenges, including cancer, clearly states 3 key benefits of increased physical activity:

1. Can help people with chronic, disabling conditions improve their stamina and muscle strength.
2. Reduces symptoms of anxiety and depression, improves mood, and promotes general feelings of well-being.
3. Need not be strenuous to achieve health benefits

Higher Self Esteem

There was recently a study performed in Canada where 242 breast cancer patients while on chemotherapy were randomly put into three groups: Strength training, cardiovascular exercise training; the control group (no exercise at all).

They measured all the expected physical changes, but perhaps even more important, the participants reported improvements in their quality of life, including how they viewed themselves, no matter which *exercise* group they were in.

To endure chemotherapy, most likely lose your hair and possibly one or both breasts (41% of the participants in this study had a mastectomy) and still be able to maintain a good self image is awesome! The control group (non exercisers) did not report any improvements in self esteem.

Lower levels of anxiety, depression and fatigue

The American Cancer Society reports that most cancer patients notice a loss of energy. During chemotherapy and radiation, about 70% of patients have fatigue. For many, fatigue is severe and limits

their activity. Inactivity leads to muscle wasting and loss of function.

The ACS recommends an aerobic training regime to help break this cycle. In research studies, regular exercise has been linked to reduced fatigue along with being able to do normal daily activities without major limitations. An aerobic exercise program might even be prescribed as treatment by your clinician for fatigue.

Despite these findings and significant evidence that exercise clearly benefits cancer patients, patients and doctors are sometimes hesitant to consider it part of the treatment plan. As in any exercise program, it's important to acknowledge there are risks involved, but the reality is that in most cases the benefits of exercise far exceed any risks for those with a cancer diagnosis.

Exercise might be the best medicine of all for helping you return to your normal (or better!) physical and psychological functioning.

**“Cancer” is a scary diagnosis.
One that will change your life forever,
but one that doesn't have to define you.
You can invite health in at this time in your life
and become your personal best.**

I'd be honored to help you. Please contact me today for a complimentary and confidential telephone assessment.

(203-877-5270) Linda@FitTraining.net

As one of the first certified cancer exercise trainers (CET) in Connecticut with over 25 years industry experience, I've been trained and certified by The American College of Sports Medicine (ACSM) and the American Cancer Society (ACS) in a rigorous program to offer cancer patients and survivors one more resource in their effort to heal.

Being on staff at Yale University, New Haven, CT as a CET, working with cancer patients throughout CT, PA and MA in studies researching exercise and its impact on quality of life, I am proud to be on the forefront of the exciting new field of *Energy Balance*. I'd be privileged to work with you.