

Benefits of Physical Activity for the Cancer Patient

In the past, people being treated for a chronic illness were often told by their doctor to rest and reduce their physical activity.

Newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

Regular exercise may help you...

- Keep or improve your physical abilities
- Improve balance, lower risk of falls and broken bones
- Keep muscles from wasting due to inactivity
- w Lower the risk of heart disease
- w Improve blood flow to your legs and lower the risk of blood clots
- w Make you less dependent on others for help with normal activities of daily living
- Improve your self-esteem & lower the risk of being anxious and depressed
- Lessen nausea
- w Improve your ability to keep social contacts
- Lessen symptoms of tiredness (fatigue)
- Help you control your weight
- Improve your quality of life

Information by www.cancer.gov.



Fit to Fight funding provided by
RUSSEL HILL
 CANCER FOUNDATION
 and
 HEART OF THE VALLEY YMCA

FIT TO FIGHT Program Benefits

- * 3-month YMCA Membership
- * Fitness Assessment with a Certified Wellness Coach
- * ActivTrax access and prescribed program
- * Two Personal Training sessions
- * Weekly Walk and Tone classes
- * FIT TO FIGHT T-shirt and water bottle
- * A healthier lifestyle and plan in place to keep your own health and wellness a priority in your life



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 YMCA
 130 Park Square Ln
 Madison, AL 35758
 256.705.9622

SOUTHEAST FAMILY
 YMCA
 1000 Weatherly Road
 Huntsville, AL 35803
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www.ymcahuntsville.org/FITtoFIGHT



FIT TO FIGHT

12-Week Wellness Program for Cancer Patients

IN PARTNERSHIP WITH
 HEART OF THE VALLEY YMCA, CLEARVIEW CANCER
 INSTITUTE & THE RUSSEL HILL CANCER FOUNDATION



FIT TO FIGHT

PERSONAL WELLNESS PROGRAM

Get Started

Welcome to the YMCA Fit to Fight Wellness Program for Cancer Patients. Our program is designed to help the patient maximize quality of life and minimize the side effects that cancer treatments can have on our bodies. If you are currently undergoing treatment for cancer or have received treatment in the past five years, you are eligible to participate. Let's get started!

Register for the Fit to Fight Program.

Register online at www.ymcahuntsville.org/FitToFight or stop by the Member Services Desk at one of our YMCAs. After you register for the program, our Health Initiatives Coordinator will contact you to schedule your program orientation. Authorization is required to participate in Fit to Fight.

Work your program. Your personalized Fit to Fight Wellness Program is comprised of twelve weeks of exercise routines, sessions with your Wellness Coach, Walk and Tone classes and an educational seminar. Your commitment to the program and to yourself is to exercise at least three days a week for at least 30 minutes each time at the YMCA on your own schedule.

Celebrate! At the conclusion of your program will be an opportunity to really relish your success and explore where you want to go from there - maybe join a fitness class or try a new workout routine! Our YMCA staff will be here every step of the way to help you create a continued plan for a strong and healthy future.



Terri Keller, CCES
Health Initiatives
Coordinator for
Heart of the Valley YMCA

PROGRAM DETAILS

The Fit to Fight program is 12 weeks in duration.

Weeks 1-4

- Meet with your Fit to Fight Wellness Coach
- Receive an orientation to the program and YMCA facility
- Set goals and expectations with your Wellness Coach
- Set up your ActivTrax account
- Participate in Walk and Tone classes
- Engage in your personal Wellness Program



Weeks 5-8

- Meet with your Fit to Fight Wellness Coach
- Continue your personal Wellness Program
- Participate in Walk and Tone classes
- Attend an educational seminar

Weeks 9-12

- Meet with your Fit to Fight Wellness Coach
- Continue your personal Wellness Program
- Participate in Walk and Tone classes
- Attend your Graduation Celebration!



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR MISSION

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

Terri Keller is a Certified Cancer Exercise Specialist and the Health Initiatives Coordinator for Heart of the Valley YMCA. She is a Certified Personal Trainer and enjoys teaching and motivating others to maintain a healthy lifestyle.

Contact Terri

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256.428.9622 ext. 3011

The Fit to Fight Program will be conducted at the Southeast Family YMCA and the Hogan Family YMCA.