



Cancer Survivor Exercise Class – Information Sheet:

In the last couple of decades, considerable progress has been made in diagnosing certain cancers earlier and treating many cancers more effectively. During this time **physical activity has emerged as an important modifiable health behaviour** that also plays a key role in both the **prevention** and **treatment** of certain cancers. Maintaining a minimum base line level of fitness will help **keep you strong during treatments** and **rebound quicker during recovery periods**. Physical activity has been shown to have a magnitude of health benefits including:

- Fewer side effects of chemotherapy and radiation,
- Improved quality of life and survival,
- Also, because it is safe and easy to implement, more clinicians and oncologists than ever before are recommending that their patients exercise!

The classes offered here at Active Chiropractic Family Health Centre will give you a **personalized approach** to helping you gain your **functional capacity** and **quality of life back**. Exercises will be progressed slowly and safely with an emphasis placed on improving your balance, endurance, overall strength and flexibility. Our clean and clutter free gym ensures that your health is our number one priority.

Our classes will be an hour long with a proper warm-up and cool down with a **Certified Cancer Exercise Trainer** leading stretches and breathing exercises to ensure that you leave the class feeling fully refreshed and ready to take on the rest of the day. The main workout will be a mix of full body exercises to ensure each major muscle group is worked. We will be working with body weight, dumbbells and resistance tubes to achieve overall balance and strength. **Modifications** will be given for different situations based on how each individual is feeling that day. We can even complete a session seated on a chair if need be! Regular exercise will:

- decrease your fatigue and anxiety
- improve your sleep quality, body composition, and self-esteem,
- and these are just a few of the many benefits!

You will learn more about this during the class and we will also discuss general nutrition so you gain a better understanding of how you should **properly nourish your body**.

Don't forget that classes will be **geared to your needs**. If an hour long class isn't desirable, we can **accommodate** this to ensure that you feel confident and reach your goals!

So if you are looking for a fun, interactive and safe way to increase the activity level in your life, please consider the Active Chiropractic Family Health Team!

We look forward to working with you!