

We Fight Together

Our Cancer Survivor Exercise Programs are not only good for the body, but the mind as well. Members can discuss similar treatments, side-effects and hardships that they have overcome and inspire each other.



"Coming to see Rachel is like taking my vitamins – a necessity for my overall health and well-being" – B. Sammon



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Active Chiropractic Family Health Centre

Cancer Survivor Exercise Programs



FIT TO FIGHT

**Keeping You and Your
Family Active!**

Phone: 613-732-9215

Cancer Exercise



"A label does not limit our capabilities."

What We're About

The Cancer Survivor Exercise Programs offered at Active Chiropractic are about working together. We want to inspire and teach those who are touched by cancer that there are ways to take action through movement and fight against it... The medical field treats the disease, but not the person, the mind, or the soul. We create a safe place for transformations to happen within each individual and ensure everyone leaves with a smile.

"Since starting this program my energy, core strength, endurance and sense of well being have all improved immeasurably."

– L. Coleman

Research

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 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 treatment and less pain;
- Improved quality of life and survival;
- Improved body image and self-esteem

Exercise is safe and easy to implement thus more clinicians and oncologists than ever before are recommending that their patients become more physically active!



"It's addicting." – G. Matthews
(one-on-one participant)

Expectations

Whether you choose the one-on-one or group fitness option, your program will include an individual assessment, a personalized exercise plan with emphasis on regaining functional capacity and quality of life back, the opportunity to exercise in a supportive group setting and gradual progression of new movements. Our specially trained instructor focuses on improving your balance, endurance, overall strength and flexibility. **We accommodate members at any age, fitness level or stage in their cancer journey.**

Prices:

Group Exercise Classes: 8 week session 2x's/wk is \$208 (including taxes, initial & final consultations).

One-on-One Sessions: half hour in length and can be booked at your convenience. These sessions cost \$15. Initial/final consultations are mandatory and need to be booked prior to the 1st session. Cost for initial consult is \$40.

For more information please check out our website <http://www.active-chiropractic.org/bootcamps/> or call 613-732-9215 and ask for Rachel.