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## **Living Fit for You! Cancer Wellness Program**

*Exercise should be part of the counseling that every cancer patient receives when going through treatment.*

My name is Kristine Whaples, I am a Registered Clinical Exercise Physiologist, Certified Diabetes Educator and ACSM/ACS Certified Cancer Exercise Trainer. I would like to introduce you to the ***Living Fit for You! Cancer Wellness Program***. This FREE 6-week exercise and education program assists patients of all ages, receiving cancer treatment within the CCHC facilities, in developing a safe and effective exercise program. An important component of the program is the self-care education on exercise, nutrition, stress reduction, management of pain and fatigue, and energy conservation.

Much has been documented on the health benefits associated with regular physical activity for cancer patients. *Benefits have been seen in patients exercising as little as 10 minutes every other day. Cancer patients who do not exercise have shown a greater than 25% decline in functional ability in eight weeks.* The potential benefits gained from a regular exercise program for the cancer patient include:

- *Reduction in levels of fatigue*
- *Enhancement of body image*
- *Maintenance of body weight*
- *Maintenance of strength, endurance, and level of function*
- *Improvement in mood*
- *Reduction of severe side effects*
- *Improvement in quality of life*
- *Stimulating the immune system*
- *Reduction in muscle weakness and maintenance of bone mass density*
- *Reducing risk of recurrence for some cancers*
- *Improvement in flexibility, particularly of surgical patients*
- *Prevention of risk factors for cardiovascular disease i.e. high blood pressure, high cholesterol, diabetes, obesity, and sedentary lifestyle*

Effective, long-term management of fatigue remains a challenge. A missing component of care is an exercise program that can support individuals as they begin to incorporate exercise back into their lives. For those patients undergoing cancer treatment, exercise will help maintain strength, endurance and physical function.

For your reference, I have enclosed a ***Living Fit for You! Cancer Wellness Program*** brochure, please feel free to copy and distribute. If you have any questions, please contact me directly at 508-495-7685 or by email at [kwhaples@capecodhealth.org](mailto:kwhaples@capecodhealth.org).

**Fitness is now an essential component of cancer recovery!**

Sincerely,

Kristine Whaples, MS, RCEP  
*Registered Clinical Exercise Physiologist  
Certified Diabetes Educator  
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