

For more information about participating in the Living Fit for You! Cancer Wellness Program, call or email:

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Contact:

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*Registered Clinical Exercise Physiologist
Certified Diabetes Educator
ACSM/ACS Certified Cancer Exercise Trainer*



CAPE COD HEALTHCARE

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Rehabilitation Services

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Living Fit for You! Cancer Wellness Program

A FREE exercise program for cancer patients of all ages, receiving treatment for their cancer within the CCHC system.



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



CAPE COD HEALTHCARE

We're taking good care of you.™

Fitness is now an essential component of cancer recovery!

Exercise may not be the cure for cancer, but it will help the individual achieve a more positive emotional and physical state, which can promote healing.

By maintaining or increasing physical fitness through an individualized cancer exercise program during cancer treatment, you may actually reduce the number and intensity of side effects, improve quality of life, and help in overall recovery.



Benefits of exercising during cancer treatment

Exercise has been proven to be safe and effective during cancer treatment. As well, there is a profound impact on the recovery process in patients with cancer both physically and emotionally.

- Reduce the severity of treatment side effects
- Reduce fatigue and depression symptoms
- Preserve muscle mass and strength
- Maintain flexibility and endurance
- Improve energy levels and self-esteem
- Help to prevent unwanted weight changes

This is a FREE hospital-based and supervised fitness program. Exercises are tailored to each person's needs and modified as appropriate so that each participant can work at their own pace. Group classes and individual consultations are available.

Referral and Medical Clearance is required.

Who is eligible

- CCHC cancer patients of all ages are welcome
- Currently receiving treatment for cancer within the CCHC system
- Have a strong personal desire to improve their fitness level
- Able to participate independently, or in a group exercise setting

Location Falmouth Hospital Outpatient Rehabilitation Gym

Individual appointments or group classes are available

The group class will incorporate a warm-up, 10-30 minutes of gentle cardiovascular exercise, resistance band training, stretching and cool-down; Followed by 20 minutes of self-care education on exercise, nutrition, stress reduction, management of pain and fatigue , and energy conservation.

“One of the key principles I teach and believe in is to listen to your body. At times, due to symptoms of fatigue, pain or due to your underlying condition, you may find you need to exercise at a lower intensity, or for a shorter duration. This applies no matter what your current state of health is. “

*Kristine Whaples, MS, RCEP, CDE
ACSM/ACS Certified Cancer Exercise Trainer*

“Quality survival requires a rehabilitation program which includes exercise, healthy lifestyles and spiritual rejuvenation.”

*Dr. Peter D. Hopewood, MD, FACS
Falmouth Hospital*