



*Helping cancer patients live life with hope and energy*



**Doctors recommend exercise 3 or more times per week as a critical part of your cancer treatment.**

FOR BODY / FOR SPIRIT / FOR MIND / FOR STRENGTH / FOR ENERGY / FOR LOVE / FOR ATTITUDE / FOR FAMILY / FOR STAMINA / FOR DRIVE / FOR VITALITY / FOR HAPPINESS / FOR YOU

“The program has made a world of difference in my life. Chemo left neuropathy in my feet and legs and it has gotten so much better. I really look forward to going to exercise and have made some really wonderful friends through the program.”

Linda Selph, Athens participant

“After going through breast cancer surgery and treatment, I was unable to complete breast reconstruction because my diabetes was so out of control. After participating in the FSFL program for a year, I have completed breast reconstruction, reduced my insulin and lost weight, helping me improve my survival rate, decreasing my chances of recurrence and improving my overall health.”

Leah Brever, Dallas participant

### How does the FitSTEPS for Life® Program work?

- ✚ Trained staff create an individualized program tailored specifically to your fitness level, needs and goals.
- ✚ Programs include cardiovascular, strength and stretching exercises using a treadmill, elliptical, pedometer, light-weight dumbbells, stretch bands and the stability ball.
- ✚ You will be exercising with cancer survivors who have experienced the same physical and psychological challenges that you may have.
- ✚ Trained staff provide you with tools to implement your program at home and encourage a healthy, active lifestyle.
- ✚ Stability Ball/Pilates classes are available at various locations. Call your local office or check the website for updated schedules.

### Who Can Join and How?

Anyone who has been diagnosed with cancer can join the program, regardless of type, stage or time of diagnosis. A family member or caretaker is also encouraged to join as support. Have your physician sign and fax the referral on the back of this brochure. Feel free to call us if you have any questions!

### What is the Cost of the Program?

FitSTEPS for Life® is a program of a non-profit organization, the Cancer Foundation for Life®. FitSTEPS for Life® is provided to participants free of charge by the generous donations of individual donors, foundations, grants and healthcare providers to the Cancer Foundation for Life®. Although we do not request payment for services, donations sustain this FREE program.

Dallas 972.664.0523

East Texas 903.561.0149

[www.fitstepsforlife.org](http://www.fitstepsforlife.org)