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How Fitness & Community Can Transform Your Life After Cancer

Poll

For those of you who have had a cancer diagnosis:
Has your oncologist recommended exercise to help
with recovery?

Yes

No



Changing the Narrative



“Those going through cancer treatment should rest as much as possible.”



Moderate physical activity is associated with a reduced risk of cancer recurrence and improved survival after a diagnosis.

- We didn't know much about the relationship of cancer & exercise 25 years ago. In the last 10 years alone, there have been thousands of published trials full of scientific evidence.



A Glimpse at the Research

- Patel, AV, et al. “American College of Sports Medicine Roundtable Report on Physical Activity, Sedentary Behavior, and Cancer Prevention and Control.” Official Journal of the American College of Sports Medicine, 2391-2402.
- Holmes, MD et al. “Nurses Health Study: Exercise and Survival After Breast Cancer Diagnosis.” JAMA, 2005.
- Meyerhardt, JA et al. “Exercise and Survival After Colorectal Cancer.” J Clin Oncol, 2006.
- Campbell, KL, Winters-Stone, KM, et al. “Exercise Guidelines for Cancer Survivors: Consensus Statement from International Multidisciplinary Roundtable.” Official Journal of the American College of Sports Medicine, 1-16.
- Katheryn H Schmitz, PhD, MPH; et al. “Exercise Is Medicine in Oncology: Engaging Clinicians to Help Patients Move Through Cancer.” Ca Cancer J Clin, 2019; 0:1–17.
- Irwin ML, Mayne ST. “Impact of nutrition and exercise on cancer survival.” Cancer J. 2008; 14: 435-441.
- Hamer, Julia, Warner, Ellen. “Lifestyle modifications for patients with breast cancer to improve prognosis and optimize overall health.” CMAJ. 2017 Feb 21; 189(7): E268–E274.
- Cheryl L. Rock PhD, RD, et al. “American Cancer Society guideline for diet and physical activity for cancer prevention.” Ca Cancer J Clin, 2020. Vol 70, Iss 4, 245-271.
- McTiernan, Anne et al. “Physical Activity in Cancer Prevention and Survival: A Systematic Review.” Medicine & Science in Sports & Exercise: June 2019 - Vol 51 - Iss 6, p 1252-1261.

Study in the Official Journal of the American College of Sports Medicine (ACSM), 2019

“Being physically active is **one of the most important steps** people of all ages and abilities can take for **cancer prevention, treatment, and control**.... Strong evidence exists to support an association between physical activity and cancer risk and survival.”



The Good News



Studies are showing a 40%-60% decrease in mortality associated with moderate to vigorous activity.

(Percentage varies by type of cancer.)



What Would You Do?

If you were offered a medicine that would

- increase your chance of survival by 40-60%
- has no negative side effects
- is FREE

Would you take it?

Impact of Exercise

- Exercise reduces risk of recurrence and second cancers
- Makes treatment more effective (slowing tumor growth, boosting immune function)
- Reduces treatment pain & side-effects (cardio-respiratory, muscle loss)
- Improves quality of life – physical, emotional & mental health;
↓anxiety, ↑mood, ↓fatigue
- Decreased lymphedema, heart disease & osteoporosis
- Increased sleep
- Improved body image
- Better sense of control

—

Publication in CMAJ
(Canadian Medical
Association Journal)

“Physical activity
can reduce breast
cancer mortality
by about 40% and
has **the most
powerful effect of
any lifestyle factor
on breast cancer
outcomes.**”



How Much Exercise?

- American Cancer Society June 2020 Recommendation:
 - Adults: Get 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity each week (or a combination of these).
 - Limit sedentary behavior such as sitting, lying down, watching TV, and other forms of screen-based entertainment.
- Prescribed doses of exercise vary in the research, but for several cancers, dose–response relationships were evident
- “Most importantly, there did not appear to be a lower threshold below which no effect was evident. In other words, almost any level of physical activity likely confers some benefit.” (Medicine & Science in Sports & Exercise, 2019)

Name: _____ Date: _____



Aerobic Activity 3 or more days/week

Intensity: Light (casual walk) Moderate (brisk walk) Vigorous (like jogging)

Time (minutes/day): Build up to 30 minutes/day

Type: Walk Run Bike Swim/Water Exercise Other _____

Steps/day: 2,500 5,000 7,000 9,000 or more Other _____

What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot “sing.” Examples: *brisk walking, light biking, water exercise* and *dancing*.
- Vigorous activity is at a pace where you have trouble talking and may be out of breath. Examples: *jogging, tennis* and *fast bicycling*.
- While the recommendation is to build up to 30 min/day, at least 3 days/week, you can exercise for any length of time. For example, you might walk:
 - 5 minutes here, 10 minutes there
 - 15 minutes daily
 - Just work your way up to 30 minutes 3 days/week
- Gradually build up to a daily step count of 7,000-9,000 steps/day.



Muscle Strength Training 2 days/week

What about strength training?

- You don't have to go to a gym. You can use elastic bands, do body weight exercises (kitchen counter push-ups, chair sit-to-stands) or lift dumbbells. Heavy work around your home also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

Notes (local programming, specific risks or instructions):

See www.exercisemedicine.org/movingthroughcancer for a registry of local programs.

Referrer's Signature: _____

How will you get started **this week?**

Example Prescription

- American Cancer Society is calling on oncologists to prescribe exercise to their patients
- Studies show that even 30 minutes, 3 days per week, makes a difference.
- Start with what you can – 10 minute walk on low-energy days then build up over time to 30 minutes

Published in CA: A Cancer Journal for Clinicians

A stylized purple icon of a person with arms raised, located in the top left corner of the slide.

Poll

- If your physician were to explain some of these benefits and give you a prescription for exercise, would you be more likely to do it?
 - Yes
 - Only for a few weeks...
 - No

Community + Fitness



- Cancer impacts relationships for better or for worse. A community who gets it is important.
- Some need support of group settings to adhere to exercise recommendations
- “There is consistent evidence that supervised exercise is more effective but that there is still benefit to home-based exercise” (CA: A Cancer Journal for Clinicians, 2019)
- Finding a group of cancer survivors to exercise with is even more ideal
- Setting new goals together, where there is not judgment or a feeling of being a victim is empowering





Team Survivor Northwest Vision

A world in which every woman who has had a cancer diagnosis has the resources and support to return to her best physical and emotional well-being.

Meeting the Need

- ✓ Fitness classes, with cancer-certified instructors
- ✓ Support networks act as extended families
- ✓ Membership & programs are FREE so income is not a barrier
- ✓ Partnerships/resources to support the journey
- ✓ Virtual meetings and fitness classes



Our Approach

- ✓ Cancer education and resources
- ✓ Online challenges
- ✓ Cycling
- ✓ Dragon boating
- ✓ Fitness classes
- ✓ Fitness retreats
- ✓ Hiking
- ✓ Mountain climbing
- ✓ Nordic Walking
- ✓ Online classes
- ✓ Snowshoeing
- ✓ Triathlon training
- ✓ Urban walking



"I was able to summit heights that I never thought possible"



Our Mission

To provide a broad range of fitness and health education programs to enable women cancer survivors,

in any stage of treatment or recovery and at any fitness level,

to take an active role in their ongoing physical and emotional healing.



“Team Survivor NW has been
life changing.”

Through the Active Women/Healthy Women classes and hiking, I was able to **summit heights that I never thought possible.**

I am grateful for this strong and dedicated group of women survivors and trainers, their expertise and training, and the opportunity to **push myself further than I thought.**”

-TrailMom

Why it works

- ✓ Comfortable being vulnerable around other women cancer survivors
- ✓ Taking control of something in your life again
- ✓ No monetary expense
- ✓ Women come for their physical health; stay decades for the community
- ✓ Support from survivors who have made the journey and are thriving years later
- ✓ Year-round programs





“TSNW is the **silver lining** following a cancer diagnosis.

This is a group of ‘**can do**’ **cancer survivors**. These amazing women know what it means to persist through fear, trauma, pain and suffering.

So, they don’t sweat the small stuff but focus on **enjoying life to its fullest!**

I’m so happy to be part of such a positive organization.”

-Carol

Q&A

To register for free fitness classes or to learn more about Team Survivor Northwest, go to www.teamsurvivornw.org.

Email Jennefer:
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Thank You!



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