How Fitness & Community Can Transform Your Life After Cancer

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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


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

Team Survivor Northwest Vision
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: executivedirector@TeamSurvivorNW.org
Thank You!