



“A body in motion stays in motion” ~ Sir Isaac Newton

Regular exercise is crucial to bone health as we age. It also releases important hormones to improve mood, sleep, digestion, and response to illness. In order to gain the benefits, it should be done consistently and regularly. It can be especially difficult to know where to begin. Use the 3 S's as a guide.

The 3 S's:

- 1. Start Slowly – do not plan to start running right away or lifting heavy weights. Stamina takes time to build or rebuild. Start with walking, increasing your length of time and speed over a period of a few weeks. Use your own body weight instead of equipment at first.**
- 2. Set Simple wins – plan your workouts at a minimum so you don't get discouraged if you don't get it done. For example, tell yourself you're going to walk once a week at first, then when you do more, you feel like it's a win.**
- 3. Schedule your exercise – put it on your calendar, in your phone or on post it notes around your house. Reminders and alarms are crucial at first. This needs to become part of your new normal, just like those doctor appointments.**

*Whether you are returning to exercise or just starting an exercise routine, it can be difficult to know where to begin or what to do. Working with a Cancer Exercise Specialist or Personal Trainer familiar with cancer and exercise is a good idea.



Sample Workouts

If you want to try some things at home on your own, here are a few safe and easy suggestions.

Weeks 1 and 2

Walk twice a week for 10 minutes

Follow with 3-5 squats (2x), 3-5 wall push-ups (2x), 3-5 bicep curls with no weights or very light weight (a can of beans is a good swap) (2x)

Stretch – door press stretch, standing leg stretches or leg stretches in a chair

Weeks 3 and 4

Walk twice a week for 20 minutes

Follow with 3-5 squats (3x), 3-5 wall push-ups (3x), 3-5 bicep curls with no weights or very light weight (a can of beans is a good swap) (3x)

Stretch – door press stretch, standing leg stretches or leg stretches in a chair

*You can substitute any other moves you like, or increase the number of *repetitions* you do, or the number of *rounds* of repetitions you do.

***Consider the 2-week free trial at strongerthrucancer.com to do some live on-line classes or any of the 200 + recorded classes in the video library.**

Ask a friend to join with you. There is no greater motivator for success than doing something with a friend or with a community of people striving together.

Joining a community is also proven to make you more inclined to stick with it. Accountability is everything.

Try different classes - find something you enjoy. Exercise can and should be fun!

Track your workouts and progress. Be your own cheerleader!

And remember, chemo fatigue is real. If you need to rest, rest. But then start again.

It is never too late to start over again.

Visit strongerthrucancer.com to enjoy the 2-week free trial and use this unique link for Unite For HER members. Remember you can use 3 squares for a 6-month membership to get and feel stronger!

<https://strongerthrucancer.com/product/stronger-membership-access-unite-for-her/>

