



## Benefits of Exercise for Cancer Patients and Survivors

In 2010 the American College of Sports Medicine released new cancer guidelines recommending exercise during and after treatment for people with a cancer diagnosis. ACSM aims at making cancer exercise rehabilitation programs as common as those offered to people who have had heart attacks or undergone cardiac surgery. Avoiding inactivity is essential, according to these new guidelines, and high quality evidence supports that exercise during and after treatment is safe and beneficial for cancer patients and survivors. The following benefits are a direct result of adding an exercise program to complement traditional cancer treatments:

- improves quality of life
- combats treatment related fatigue
- decreases incidents of depression
- relieves nausea
- reduces anxiety
- improves functional ADL's

These benefits combined with the general benefits of exercise such as *decreased blood pressure, improved cardiovascular endurance and increased bone density* demonstrate how exercise enhances the recovery process.

A 501(C)3 organization dedicated to helping cancer patients and survivors  
REGAIN THEIR STRENGTH FOR LIFE



Strength For Life

Fighting Cancer with Exercise

902 Constance Lane,  
Port Jefferson Station, NY, 11776  
[www.strengthforlifeny.org](http://www.strengthforlifeny.org)  
631-675-6513

Regain Your Strength For Life



Strength For Life

Fighting Cancer with Exercise

A non profit organization providing exercise classes and weekend wellness retreats to cancer patients and survivors at NO COST.

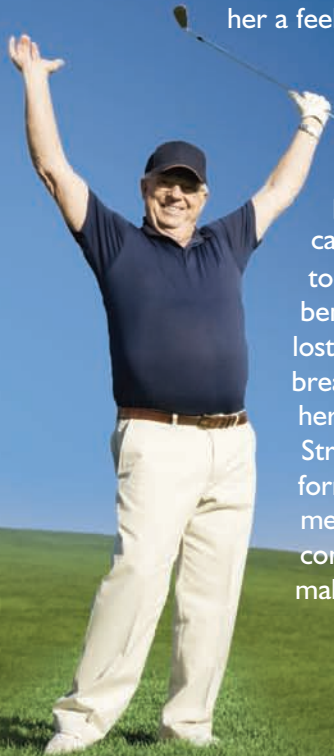
[www.strengthforlifeny.org](http://www.strengthforlifeny.org)

## Our Mission

A community exercise program in which persons with a cancer diagnosis participate in group classes designed to enhance their recovery process. Services provided will include educating cancer patients and the general public on the benefits of exercise in reducing the risk of certain cancers and improving functional activities.

## Our Story

Evelyn Knapp, co-founder of Personal Training Institute, spent a lifetime promoting exercise and proper nutrition to thousands. Her knowledge, motivation and dedication helped inspire countless individuals to engage in a healthier lifestyle. After being diagnosed with breast cancer, Evelyn continued exercising throughout treatment. She would say it gave her a feeling of control in an uncontrollable situation. From there she made a new commitment to promote exercise for cancer patients so they too would experience the benefits. In 2005 Evelyn lost her battle with breast cancer. However, her mission was not lost. Strength for Life was formed in Evelyn's memory so we may continue her work and make her vision a reality.



## Our Services

Strength for Life provides exercise classes and wellness retreats at NO COST to cancer patients and survivors. In addition to our programs for cancer patients and survivors we also provide workshops on cancer prevention strategies through exercise and nutrition. Strength for Life will hold these informative seminars in your workplace or at one of our locations. Please contact us at 631-675-6513 for more information or visit our website [www.strengthforlifeny.org](http://www.strengthforlifeny.org).



**Exercise classes** are held up to 2x per week for 8 weeks, have professional instruction by a Certified Cancer Exercise Specialist and include exercise equipment for the client to keep.

**Wellness retreats** are geared towards educating our guests in total well-being for their mind, body and soul. A full day is dedicated to providing different classes such as Yoga, Meditation, Art Therapy and Reiki to our participants so they may discover new methods of healing and coping in a supportive environment. Guest speakers from the medical and psychosocial field provide valuable information on a variety of topics to our participants. All meals, accommodations and needed supplies are provided at NO COST. The weekend retreat is open to all cancer patients and survivors regardless of gender or type of cancer. For more information or to register for Strength for Life's classes or retreats, please visit: [www.strengthforlifeny.org](http://www.strengthforlifeny.org) or call 631-675-6513



## How To Donate

Yes...I'd like to help cancer patients and survivors REGAIN THEIR STRENGTH FOR LIFE with a tax deductible donation.

*Strength for Life is a 501(c)3 non-profit tax exempt charity. Your gift is tax deductible to the extent allowed by the law*

Please mail your donation (make checks payable) to:

**Strength For Life**  
**902 Constance Lane,**  
**Port Jefferson Station, NY, 11776**

\$25    \$50    \$100    \$500

or pay by

Visa    MC    AMEX    Disc

Credit Card # \_\_\_\_\_

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Security Code (on back of card): \_\_\_\_\_

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I would like more information on becoming a corporate sponsor, please contact me.

For more information or to donate online, please visit [www.strengthforlifeny.org](http://www.strengthforlifeny.org) or contact Strength For Life at 631-675-6513