

Exercise for Breast Cancer Survivors– the how to...

Cathy Bryan, MEd

PALS for Life

Lead Trainer, The PAL Trial

ACSM Certified Personal Trainer

Certified Cancer Exercise Trainer

215-400-1990

cbryan33@gmail.com

www.cancersurvivorfitness.com

Survival following breast cancer is excellent! (per Dr. Schmitz)

Overall Survival Rate

After 5 years

88%

Source: American Cancer Society

OVER 3 million breast cancer survivors in the
US

Source: CDC & NCI

3 Continuums of our lives

Physical

0%

100%

Emotional

0%

100%

Cognitive

0%

100%

How does cancer/ treatment effect the body?

	Body Systems impacted by Cancer	Body Systems impacted by Cancer Treatment
Nervous System	x	x
Muscular System	x	x
Cardiovascular System	x	x
Respiratory System	x	x
Immune System	x	x
Emotional Health	x	x
Psychological Health	x	x

How does exercise effect the body?

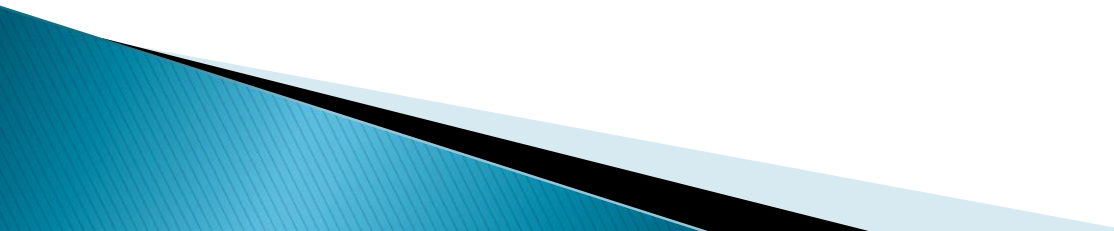
	Body Systems impacted by Cancer	Body Systems impacted by Cancer Treatment	Body Systems impacted exercise training
Nervous System	x	x	x
Muscular System	x	x	x
Cardiovascular System	x	x	x
Respiratory System	x	x	x
Immune System	x	x	x
Emotional Health	x	x	x
Psychological Health	x	x	x

PALS for Life – Avoid Inactivity Before, During and After Cancer Treatment

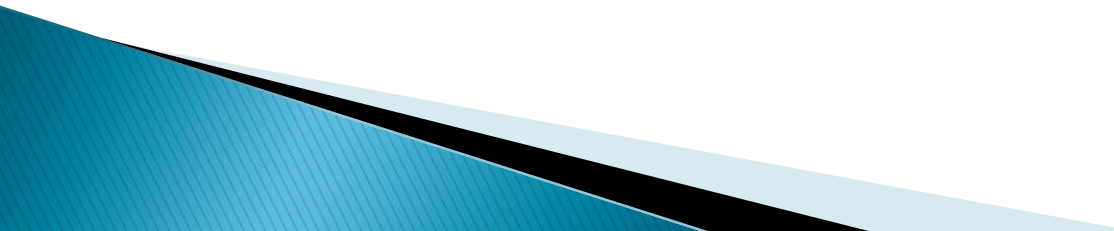


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PALS for Life is a two pronged organization:

- ▶ A personal training business for individuals and groups surviving breast cancer
 - ▶ An exercise education business designed to educate qualified professionals (personal trainers, Lymphedema therapists and other qualified exercise professionals).
 - ▶ 1-day workshop qualifies for 8 ACSM cec's
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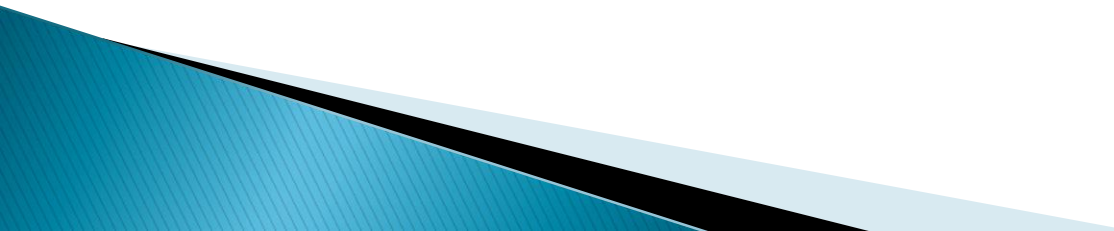
Should WE exercise?

- ▶ General population– should they exercise?
 - ▶ Breast cancer patients– should they exercise?
 - ▶ Breast cancer survivors– should they exercise?
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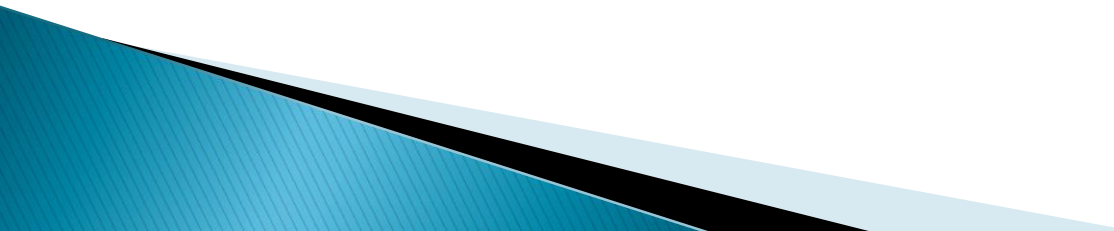
How can we put exercise into
our/ their lives?



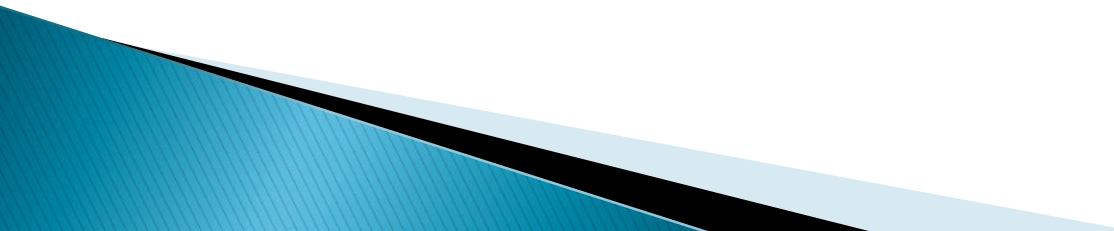
Before beginning an exercise program

- ▶ Other health conditions? Physician clearance?
 - ▶ Previous exerciser?
 - ▶ Lymphedema?
 - ▶ Upper body issues?
 - ▶ Lower body issues?
 - ▶ What are your fitness goals?
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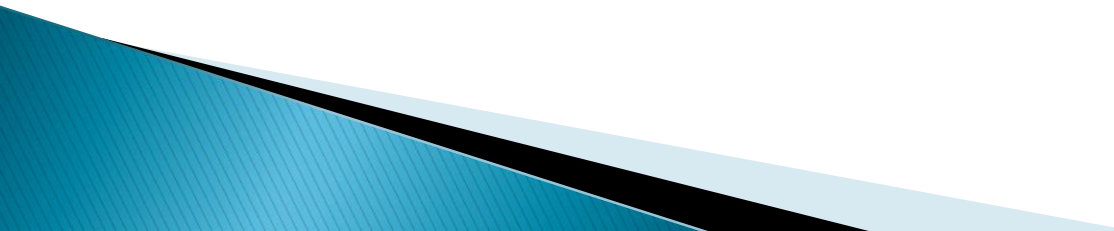
Develop your medical community

- ▶ Physician
 - ▶ PT/ OT therapist/ lymphedema therapist
 - ▶ Oncologist
 - ▶ Surgeon
 - ▶ Personal trainer with knowledge of working with population
 - ▶ Who else?
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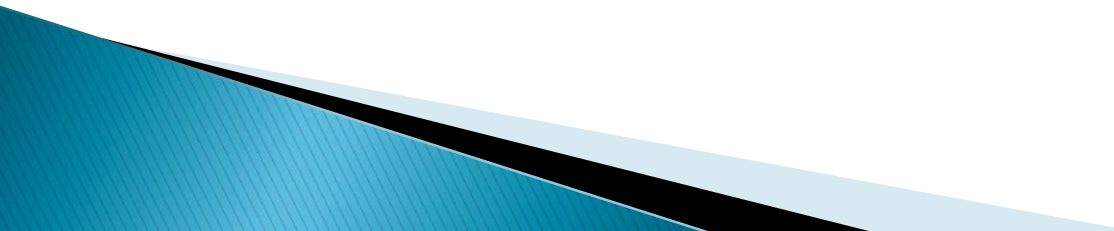
Where to exercise

- ▶ Find a clean, safe and welcoming facility to work out
 - ▶ Work out at home
 - ▶ Work out outside
- 

How else does exercise help us?

- ▶ Exercise is certainly a social outlet
 - ▶ Exercising with others motivates us and makes us feel part of the group!
 - ▶ Exercise helps reduce stress
 - ▶ Exercise is empowering
 - ▶ Exercise helps us rest more soundly
 - ▶ Exercise gives us confidence
 - ▶ Exercise makes us strong– physically, mentally and emotionally!
- 

What type of exercise is safe & effective?

- ▶ The PAL trial found that slow, progressive strength training is safe for breast cancer survivors with and at risk of lymphedema
 - ▶ Aerobic exercise is known to decrease fatigue symptoms during and after treatment
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3 Continuums of our lives

Physical

0%

100%

Emotional

0%

100%

Cognitive

0%

100%

This is how I empower people!











Cable Motion
Dual Adjustable Pulley

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40

PLEASE RE-RACK THE WEIGHTS IN ORDER AFTER YOU ARE DONE USING THEM.

THANK YOU!!



Cable Motion
Dual Adjustable Pulley

Front	Back	Overhead	Side	Under	Overhead	Side	Under

USA



PALS for Life Promotional video

Developed by Erin K. Sykes
certified personal trainer
802.238.8419

erin@sykesfitness.com
facebook.com/SykesFitnessTraining
sykesfitness.com

Dartmouth Hitchcock Medical Center
Norris Cotton Cancer center
Sykes Fitness Training & Anytime Fitness

<http://vimeo.com/103842934>



Thank you!

