



LIVING BEYOND  
BREAST CANCER®

WELLNESS SUMMIT

# Promoting health: Nutrition and exercise essentials

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## Way to go!

Congratulations on taking an important step in your wellness journey by attending our wellness summit.

We know that a breast cancer diagnosis puts a lot of stress on your body and mind. Good nutrition and exercise may help ease some side effects and can help keep your body and mind healthy.

We've pulled together highlights from each session to help you along the way.

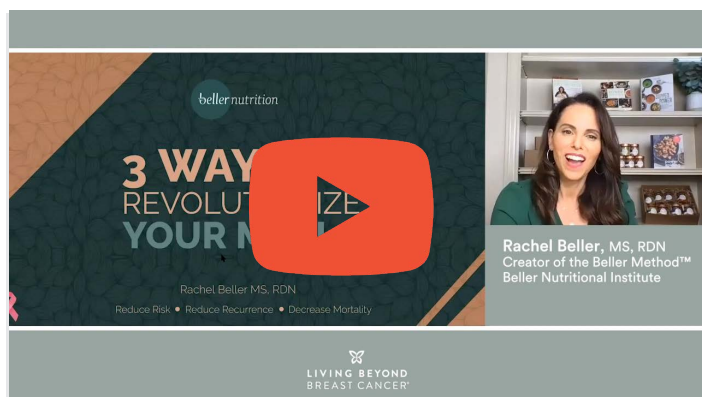
**You've got this!**

Living Beyond Breast Cancer Team



# Maximizing nutrition: Do you have these three essentials in your kitchen?

**Rachel Beller, MS, RDN** | Creator of the Beller Method™ Transformation Masterclass at Beller Nutritional Institute



## WATCH NOW

**Rachel Beller, MS, RDN**, shares how you can use these key tools in your kitchen to create a powerful toolbox for your health.

## ADDITIONAL RESOURCES

**3 difference makers to upgrade your cancer-fighting kitchen**

**Green smoothie recipe**

**Follow @bellernutrition on Instagram**

**Information on nutrition and breast cancer from LBBC**



## FIBER UP

How to diversify your fiber to improve hormone balance, immunity, and gut health



## POWER SPICING

Rachel's signature method for maximizing nutritional value with just a pinch of the right spice combinations



## DIFFERENCE MAKERS

Research-backed Power-Up foods that elevate the nutritional impact of your meals

## BELLER METHOD™ TRANSFORMATIONAL MASTERCLASS

Women who struggle with weight management or have been impacted by breast cancer often seek a higher level of nutrition support. This 8-week one-of-a-kind program delivers the evidence-based Beller Method™ 100% online with bi-weekly live Zoom meetings, phone check-ins, group social feed, and access to a secure portal with direct messaging with Rachel and her team.

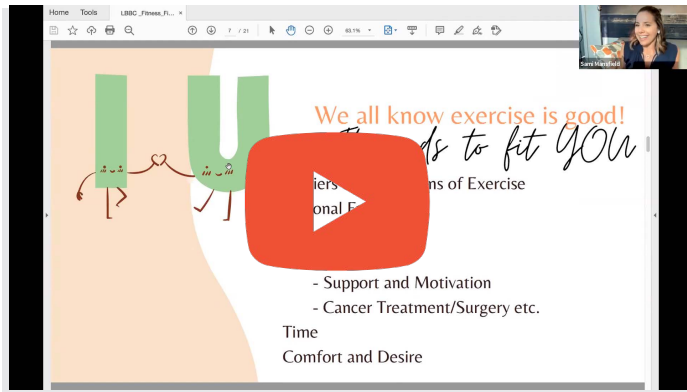
*Use code **LBBC20** for 20% off the upcoming Transformational Masterclass, which begins on June 26, 2021. Go to [bellernutrition.com](https://bellernutrition.com) to sign up.*

*Save 10% on Rachel's Power-Spicing Blends with code **LBBC10**.*

10% of Masterclass proceeds purchased with the discount code will be donated to Living Beyond Breast Cancer to support educational and support services for those impacted by breast cancer.

# Your body, your fitness: An action plan for exercise

**Sami Mansfield** | Oncology Exercise Specialist and Founder of Cancer Wellness for Life



## WATCH NOW

**Sami Mansfield** shares sample exercises and how to create an action plan for movement to fit your unique needs and goals.

## ADDITIONAL RESOURCES

[Exercise planning worksheet](#)

[Bonus fitness video](#)

[Follow @cancerwellnessforlife on Facebook](#)

[Information on exercise and breast cancer from LBBC](#)

## PROGRAM OVERVIEW

Breast cancer treatments can cause muscle loss throughout the body causing changes in body composition and cognition. In this session, follow the goal-setting exercise to define your priorities and get ahead of potential barriers in order to stay on track with your personal action plan.



### GET IT SCHEDULED

Making time to work toward your goals is the first step to achieving them



### GET SUPPORT

Find an accountability buddy to exercise with or check in with



### CELEBRATE SUCCESS

Create a non-food reward system to keep you on track with your goals



### FIND YOUR GROOVE

Make an exercise playlist you enjoy, subscribe to a YouTube workout channel, or join a group class



STAY CONNECTED

# What's happening next with Living Beyond Breast Cancer

"Life is not so much what you accomplish as what you overcome."—Robin Roberts

## MARK YOUR CALENDAR

**Wednesday, July 21 / 7:00 – 8:00 p.m. (ET)**

Ask the Expert: Triple-Negative Breast Cancer  
Elaine Walsh, MB BCh, PhD

**October, 2021**

Ask the Expert: Early-Stage Hormone  
Receptor-Positive and HER2-Positive Breast Cancer

**December, 2021**

Ask the Expert: Metastatic Breast Cancer

Visit **LBBC.ORG** for updates on these programs  
as they become available

## TNBC HELPLINE

The TNBC Helpline is staffed by experienced oncology social workers with specific knowledge of triple negative disease. Call for additional support: 877.880.TNBC (8622).

A RESOURCE FROM TRIPLE NEGATIVE BREAST CANCER FOUNDATION,  
OUR PRESENTING ORGANIZATIONAL PARTNER

## THANK YOU TO YOUR SPONSORS

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Share your progress on your movement action plan and kitchen essentials with us on social media using **#LiveBeyondBC**.

## STAY CONNECTED

If you haven't already, join our two private Facebook groups to share resources and receive peer support:

**Breast Cancer Support for Young Women**

**Breast Cancer Support for All Ages, All Stages**