

# FIGHT BACK WITH FITNESS

THE FIT LAB'S "*EXERCISE FOR THE MANAGEMENT OF CANCER*" PROGRAM

**START: 19TH APRIL 2021**  
**MONDAY, WEDNESDAY, FRIDAY AT 8AM - 9:15AM**  
**FINISH: 25TH JUNE 2021**

Designed for women diagnosed with breast cancer, regular exercise during and following treatment has shown to improve both physical and emotional health, and overall quality of life. The program introduces exercise in a safe, supportive and state of the art private facility; proudly co-funded by The Fit Lab, Queensland X-Ray and Blush Cancer Care Inc.

Traditionally, cancer patients were advised to rest and avoid activity. Clinical concerns regarding exercise during and after treatment included increased risk of fracture due to bone mineral density changes and potential suppression response of the immune system. Emerging evidence now supports the use of exercise during these stages, as exercise:

- Is associated with a reduced risk of cancer recurrence and therefore an increase in survival rates.
- Does not interfere with treatment completions or clinical response to treatment.
- Assists with managing physical side effects from cancer (i.e. fatigue, pain, lymphoedema and lowered bone density).

Recent clinical research supported by The Clinical Oncology Society of Australia (COSA) has established exercise as a safe and effective intervention to counteract both physical and psychological effects of cancer treatment. Main recommendations are for:

- Exercise to be embedded as part of standard practice in care; being viewed as an adjunct therapy to counteract adverse effects.
- Individuals to be recommended to adhere to exercise guidelines (avoid inactivity and progress towards at least 150 minutes moderate intensity exercise and two-to-three moderate intensity resistance exercise sessions each week).

# PROGRAM STRUCTURE:

The Fight Back with Fitness program invites 12 ladies to participate in a 10 week program, combining muscular strength and aerobic training to improve each individual's overall health and fitness. A variety of training methods are included to enhance learning stimuli associated with training.

An initial screening session is completed prior to commencing the program to ensure the exercise selection is suitable for each individual. Assessment of previous musculoskeletal and cardiac issues is included alongside an understanding of previous cancer history. Baseline testing is completed during the first week of training to indicate each individual's current physical capacity, and assist in providing meaningful results from the program.

These assessments include:

- **FUNCTIONAL CAPACITY**
  - Repeated Sit to Stand (60 seconds)
  - 400m Walk
- **BODY COMPOSITION**
  - DEXA Scan
  - Waist and Hip Measurements
- **STRENGTH TESTING**
  - Chest Press
  - Lat Pulldown

Working at your own pace, you will be part of three structured and fully supervised 60 minute sessions for guidance and support. Sessions are held in The Fit Lab Rehabilitation Unit with guidance from instructors specifically trained in coaching individuals with or post cancer. Access is given to The Fit Lab general facility for additional self-paced exercise sessions which can be completed with guidance from your trainers.

**PROUDLY SUPPORTED BY:**



Health & Fitness Centre



For more information or to participate, please contact:

**The Fit Lab - Accredited Exercise Physiology Team**

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