

www.survivorstraining.org

Regular physical activity is an essential part of healthy cancer survivorship.

Talk to your physician, visit our website, and recruit your loved ones to keep you motivated.



Survivors' Training

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THE MISSION OF SURVIVORS' TRAINING™ IS TO RAISE AWARENESS OF THE IMPORTANCE OF EXERCISE FOR CANCER SURVIVORSHIP AND TO PROMOTE REGULAR PHYSICAL ACTIVITY AS AN ESSENTIAL THERAPY FOR THOSE DIAGNOSED WITH CANCER.

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WHAT you need to know
about cancer and exercise

WHY you need to know it
to take charge of your health

HOW you can do it
to improve your odds of surviving



Educate. Facilitate. Advocate.

Help us with our mission!

The Minneapolis Foundation has established a fund for us. You can make tax-deductible donations here:

<https://www.minneapolisfoundation.org/contribute/contributionform.asp>

Type SUR in the search box. Your donation is secure and you will receive an email confirmation.

THANK YOU!

You want to do everything you can

You've had surgery, received radiation, and gone through chemotherapy in order to beat your cancer. Cancer is tough, but you're tougher.

You are a SURVIVOR.

Breakthrough medical research is providing even more ways to enhance your chances for a healthy survivorship. By exercising regularly, you can improve your odds of surviving breast or colon cancer by as much as 50%, according to recent articles in the *Journal of the American Medical Association* and the *Journal of Clinical Oncology*.

You also improve your immune function, enhance feelings of well-being and self-confidence, rev up your energy level, increase your lean muscle mass, and build bone density at the same time.



It is never too early or too late in the cancer experience to begin exercising.

Survivors' Training™
can show you the way

WHO WE ARE

Survivors' Training™ was started by Wendy Rahn after she was diagnosed with breast cancer in 2006. In studying the medical research, she learned about the important

benefits of exercise for managing the side effects associated with cancer treatment. Even more remarkably, two new studies show



Wendy and her mom, Mary Rahn,
Mother's Day, 2007

that regular physical activity reduces the odds of a subsequent recurrence and increases the chances of long-term survival for women with breast or colon cancer!

Wendy formed Survivors' Training™ to spread this powerful message to other women with cancer and to the healthcare providers who treat them.

Survivors' Training offers a variety of products and services to further its mission.

Please visit our website to learn more and to join our mailing list.