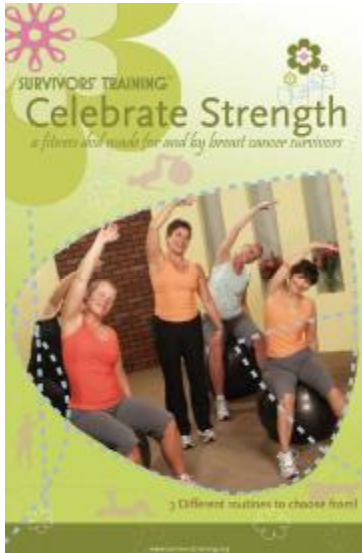


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Survivors' Training™ Releases Celebrate Strength! a fitness DVD made for and by breast cancer survivors

St. Paul, MN--New research indicates that breast cancer survivors have a special reason to place exercise at the top of their 2009 New Year's Resolutions: Regular physical activity may make a significant difference in their long term survival according to recent medical studies. And now, breast cancer survivors have their very own fitness DVD for their unique needs: *Celebrate Strength!* The DVD aims to inspire survivors to undertake regular

physical activity and it provides specific guidance in fitness routines designed to increase stamina, strength, and flexibility.

The DVD was produced by Survivors' Training, an award-winning Minnesota non-profit organization with the mission to promote awareness of the importance of exercise for healthy cancer survivorship and to promote regular physical activity as an essential therapy for those diagnosed with cancer. Founded in 2007 by Wendy Rahn, herself a breast cancer survivor, the activities of Survivors' Training™ have been featured in The New York Times, the St. Paul Pioneer Press, the magazines Experience Life and Health, other media outlets.

The DVD features three different routines totaling more than an hour of exercise programming. The women participating in these segments are cancer survivors and are members of Survivors' Studio, a fitness facility for women living with cancer operated by Survivors' Training. Special features on the DVD include endorsements by leading oncologists, advice on lymphedema and exercise, an introduction to Tai Chi, and much more! To see video clips from the DVD, go to www.survivorstraining.org/dvd. To request a complimentary review copy, email dvd@survivorstraining.org.



Wendy Rahn, Founder
Survivors' Training

Celebrate Strength! was made possible by a generous grant from the Minnesota affiliate of Susan G. Komen for the Cure®. In partnership with the Melpomene Institute for Women's Health, Survivors' Training has distributed hundreds of copies to individual women in Minnesota with breast cancer, their cancer care providers, such as the University of Minnesota Masonic Cancer Center and Hennepin County Medical Center, and other non-profit organizations who serve the needs of breast cancer survivors in Minnesota, such as Open Arms, the Angel Foundation, and the Breast Cancer Awareness Association of Minnesota.

More than 2.5 million women currently living in the United States have received a breast cancer diagnosis. In order to spread the hopeful message about exercise and cancer survival to more of these women, Survivors' Training is releasing the *Celebrate Strength!* DVD nationwide. The single copy price is \$19.99 plus shipping and handling and can be ordered directly from the website. Discounts are available for large orders.

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