

**Cancer survivors who exercise often report:**

- A return to or exceeding of their prior level of fitness
- An improved treatment tolerance
- Increased strength, flexibility & range of motion
- Weight loss & improved body composition
- Increased energy and stamina
- Exercising helps prevent and manage Lymphedema
- A reduced risk for osteoporosis, diabetes, and other cancers



**Healthy Lifestyles  
Fitness Center**

**Cecil County  
Healthy Lifestyles  
Fitness Center**

*200 Chesapeake Blvd.  
Suite 2500  
Elkton, MD 21921*

*Phone: 410-620-3101*

*Fax: 1-800-758-0915*

*Email: [fitness@ccgov.org](mailto:fitness@ccgov.org)*

<http://www.ccgov.org/government/community-services/community-wellness-division/healthy-lifestyles-fitness-center>

**CecilDCS**  
Department of Community Services



**LIFE BEYOND CANCER  
FITNESS PROGRAM**



**Cecil County  
Healthy Lifestyles  
Fitness Center**

Open Monday through Friday  
7:30 am to 6:30 pm

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Suite 2500  
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Fax: 1.800.758.0915

## Cancer and Fitness – Are you kidding?

**Not at all.** Studies around the country are showing that recent cancer survivors – people who are *currently* recovering from the effects of surgery or the treatment itself – are benefiting from starting and maintaining a moderate program of exercise.

“Once people become de-conditioned after cancer therapy, it takes enormous mental and physical effort to get over it. They don’t realize the potential they have to live a high-quality life again,” said Joyce Hanna of the Stanford Center for Research and Disease Prevention, when asked about their strength and fitness program.

The **Life Beyond Cancer Fitness** Program is designed to help recent survivors regain their range of motion, increase flexibility and energy, rebuild muscle mass and strength in a safe, non-threatening environment. It allows them to incorporate a personal fitness program into their treatment regimen, helping them combat fatigue, counteract the negative effects of cancer treatments, and aid in the healing process. It also provides survivors with a welcome opportunity to regain a measure of control over their lives while dealing with the trauma of cancer.

## Who can participate in this program?

Participation in this special fitness program is for residents of Cecil County. We offer 12 free sessions to those meeting program guidelines – **18 years old or above**. Following the 12th visit, participants 55 and above are welcome to join the **Healthy Lifestyles Fitness Center** and pay our low monthly fee.



## How do I get started?

Recent cancer survivors who are *currently* dealing with the effects of their surgery or treatment regimen should contact the Healthy Lifestyles Fitness Center. You will need a copy of our Physician’s Release Form to be signed by the physician who is most aware of your situation. Once we have received your release form (by fax, mail, or in person), you will need to schedule an appointment with our Cancer Exercise Specialist. At that time you will receive an assessment, individualized workout program and facility orientation.

## What is a Cancer Exercise Specialist?

Our certified fitness instructor is a Cancer Exercise Specialist trained through the Cancer Exercise Training Institute and is recognized by the American Council on Exercise and the National Academy of Sports Medicine. He has been trained in the cancer process from diagnosis to treatment and is able to design individualized programs for various stages of the disease.

For more information, call  
**410-620-3101** or stop by the:

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**Healthy Lifestyles Fitness Center**  
**200 Chesapeake Blvd., Suite 2500**  
**Elkton, MD 21921**

**Website:** <http://www.ccgov.org/government/community-services/community-wellness-division/healthy-lifestyles-fitness-center>

