



# Strength for Health



*Increasing your physical activity can be relatively easy, if you know how. One easy way is to incorporate physical activity into your normal routines, like walking rather than driving, taking the stairs instead of the elevator or parking the car farther away from the store. The real challenge is in making the personal commitment to participate in a structured program that will have a significant impact on your overall health. And it needs to become part of your daily routine.*

This program focuses on four key parts of a healthy exercise program:

- Knowing your abilities and limitations
- Setting your goals
- Developing your own program
- Monitoring your progress

Your coach will review your physical abilities and limitations with you before you start.

Contact your physician if you experience any symptoms of weakness, unsteadiness, light-headedness or dizziness, chest pain or pressure, nausea or shortness of breath. Mild soreness after exercise may be experienced when beginning a new exercise program. Contact your healthcare provider if the soreness does not improve after 2-3 days.



## Activity and cancer risk

It is well known that physical activity can reduce the risk of developing colon cancer. A sedentary lifestyle accounts for about 15% of all colon cancer cases in the US. Those who are physically active have a 25% lower risk of developing colon cancer.

Some of the reasons why physical activity is beneficial are:

- Physical activity improves the way your body processes sugars in the blood and means less insulin is produced. High levels of insulin and diabetes have both been associated with increased risk of cancer.
- Physical activity may reduce the amount of inflammation in the body.
- Physical activity improves immune function.
- If you are active outside, you increase your vitamin D level

## After cancer diagnosis

Several studies have reported lower rates of cancer recurrence and lower mortality rates in colon cancer survivors who are physically active. Exercise has also been shown to reduce fatigue, improve quality of life, improve ability to complete daily living tasks, and reduce the side effects of cancer treatment.

## **Getting started**

Aerobic or cardiorespiratory activities refer to continuous physical activity for a fixed period of time that increases your heart rate. These activities might include walking, jogging, gardening and swimming, but many activities fit this description.

Aerobic activities are important for improving functional activities such as being able to walk further, faster or uphill without fatigue or shortness of breath, or to maintain endurance for daily activities and independence.

Aerobic activities increase the efficiency of your body's cardiorespiratory system and decrease your risk of many diseases and death. For cancer survivors, these activities are particularly important as they are associated with improved quality of life, fewer long-term and late effects of cancer treatment and a reduced risk of recurrence and cancer-related death.

## **Safety**

Contact your doctor if you experience chest pain or pressure, trouble breathing or shortness of breath, light-headedness or dizziness, or nausea with exercise. Don't perform activities that cause sharp pain or aggravate a medical condition. Muscle soreness is to be expected with any new exercise program. Use soreness as a guide for intensity. If you are very sore the day after exercising, exercise at a lower intensity next time. If the pain persists more than 2-3 days, contact your healthcare provider. Joint pain, such as in the knees or elbows during exercise, is an indication you should stop and talk to your healthcare provider. Remember to breathe properly. Never hold your breath while straining, particularly if you have high blood pressure. Generally, exhale during muscle exertion, and inhale during relaxation.

## **Self-monitoring**

Experts know that tracking, or self-monitoring, is crucial to changing behavior. Tracking your minutes of activity (or daily steps if you own a pedometer) is important feedback on your progress, helping you to identify patterns (i.e., successes and rough spots) and refine your strategies to get more steps.



## Goal Setting

*Goals should be based on your own personal limitations and your preferences. You should write your goals down.*

When setting your goals, make sure they are SMART: Specific, Measurable, Attainable, Realistic, and Time-limited. You should be at least 80% sure you can reach your goal for the week. You can revise your goals each week as you make progress. Give yourself a few weeks to get used to your new activities. As you work through your activity, you may find it easier than you thought. Then its time to reevaluate your goals for the following week!

Once you have your goals, you need strategies. Strategies are behaviors to start doing to help you achieve your goals. Examples might be: walk at lunch, use the stairs at work, parking at the far end of the grocery store parking lot. Writing down your behavior strategies will help you use them! Keep an open mind when choosing strategies. You will find some work better than others or you might discover new ones as time goes by.

Refining your goals is a necessary part of this process. When reaching your goals is easy to attain, you want to adjust the goal up. If you didn't quite meet your goal, you might want to reevaluate both the goal and your strategies.



## Refining your goals

Look back at which days you had the most activity and which days you had the least. Try to explain your activity pattern in terms of behavior.

Thinking about the days with the most activity, what behaviors might explain the amount of activity. Did you walk to work? Did you go shopping or attend a special event?

What did you do differently on the days with the least amount of activity?

Can you do more of the things that you did on the days with the most activity?

What are your strategies for being active?

## Trade-offs

As you monitor your activity more, you will become more aware of your lifestyle. If you are increasing your activity, what benefits do you anticipate?

What do you think you will have to give up to be more active?

How might your choices affect those around you, like your family and friends?

## Relapse

Changing behavior is difficult and many people fall back into familiar habits when a perceived road block occurs.

A road block is a high risk situation that could lead to a behavior backslide. A vacation, holiday, illness, or extreme weather are all examples of potential high risk situations that could interfere with your ability to meet your goals.

What are the high risk situations you might face?

Planning for high-risk situations is crucial for preventing relapse. What strategies might you use to prevent relapse in your high-risk situations?

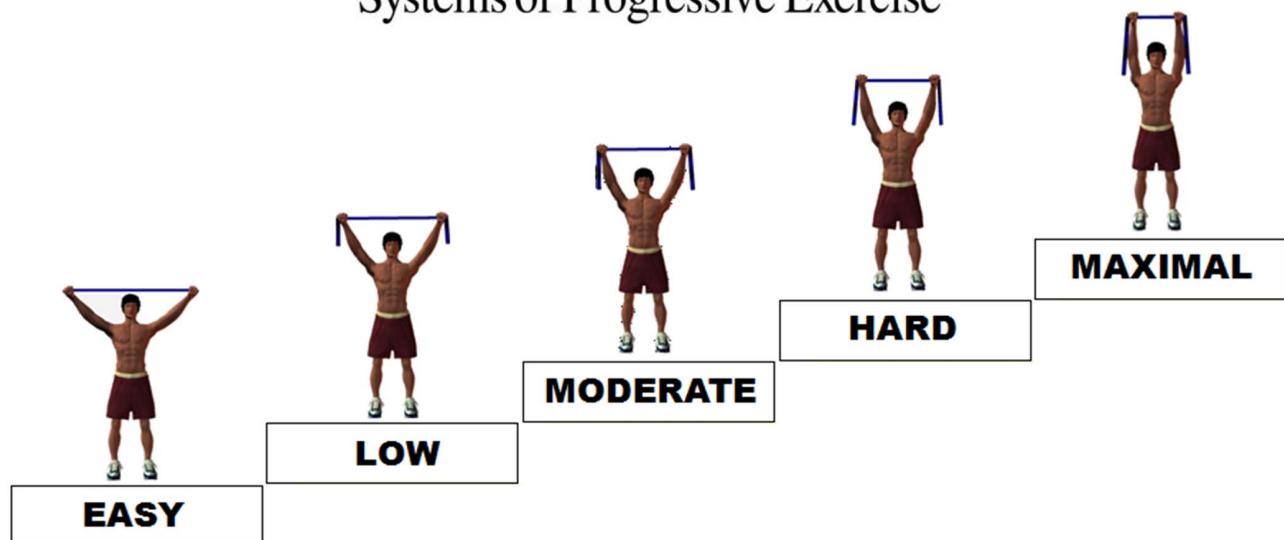
# Building Strength

Start with 2-3 activities for each area: upper body, lower body and back. Perform 1 set of 10 repetitions at a resistance that makes you a little tired at the last repetition. Be sure you maintain proper form! Rest for 2 minutes between activities. Maintain normal breathing patterns, breathing once with each repetition. Soreness is to be expected with any time of new activity that isn't familiar, but it should pass.

Practice your strength exercises 2-3 times per week, and don't strength train on consecutive days.

Increase repetitions to 15 per activity, then from 1 to 2 sets of each activity. Increase resistance to allow fatigue with the last repetition. As your strength improves, you will notice you will be able to do more activity at the same intensity. You must progressively increase resistance (by changing band color or shortening the band length) to increase strength. You may use different bands for different exercises.

You can also use the RISE Scale to determine intensity. You should try to maintain a moderate intensity.



# Your personal plan

Exercise	Band Color	Repetitions
Knee chair squat		
Calf raise		
Leg press		
Hip abduction		
Hip extension		
Sitting hip flex		
Lat pulldown		
Overhead press		
Shoulder pull back		
Forward reach		
Seated row		
Upright row		



Progression is the key to improving fitness. In general, increase the length or number of the activities before increasing the intensity or difficulty.

Increase the number of times per week the activity is performed

increase the length of aerobic activity or number of sets / repetitions

Increase the level by increasing pace for aerobic or adding more resistance (change band color)



## Knee chair squat

Begin with center of band under feet. Grasp ends of bands with hands by sides. Keep tension in the band with elbows straight. Keeping your elbows straight, slowly bend your knees while leaning forward slightly at the hips. Slowly return to starting position.

TIP: Keep your back straight.



## Calf Raise

Place the middle of the band under the balls of both feet. Grasp the ends of the band at your hips. Keeping your elbows straight, raise your heels off the floor. Hold and slowly return.



## Leg Press Standing

Begin by wrapping the middle of the band around your foot. Grasp the ends of the band at your chest, taking up the slack while you lift your knee upward. Press your foot downward into the band, extending your hip and knee. Hold and slowly return.

TIP: Keep your back straight. Don't lean over.



## Leg Press Sitting

*You may find you need a bit more support in your “core” (the muscles in your abdomen and stomach area) at the beginning. If so, try sitting for your leg press until your core strength grows.*

Begin by wrapping the middle of the band around your foot. Grasp the ends of the band at your chest, taking up the slack while you bend your hip and knee. Press your foot downward into the band, extending your hip and knee. Hold and slowly return.

TIP: Keep your back straight.



## Hip Abduction (Kick Outs)

Begin by looping the middle of the band around the ankle of the exercising leg. Place the ends of the band under the opposite foot to stabilize the band and grasp the ends in your opposite hand. Keeping your knees straight, kick your leg outward against the band. Hold and slowly return.

TIP: Keep your back straight; don't lean over.



## Hip Extension (Kick Backs)

Begin by looping the middle of the band around the ankle of the exercising leg. Place the ends of the band under the opposite foot to stabilize the band and grasp the ends in your opposite hand. Keeping your knee straight, extend your leg backwards against the band. Hold and slowly return.

TIP: Keep your back straight; don't lean over.



## Sitting Hip Flex

Sit in a sturdy chair. Begin by looping the center of the band around the top of the knee of your exercising leg. Bring the ends of the band underneath the foot of the opposite leg to stabilize and grasp the ends by your knee. Slowly flex your hip against the band, pulling upward. Hold and slowly return.

TIP: Keep your back straight; don't lean forward.



## Lat Pulldown

Grasp the ends of the band above shoulder height with your elbows extended. Bend your elbows and bring your hands to your shoulders, pulling the band down and back. Hold and slowly return.

TIP: Keep your back and neck straight.



## Overhead Press

*This exercise can be done seated or standing. You may find you need a bit more support in your “core” (the muscles in your abdomen and stomach area) at the beginning. If so, try sitting until your core strength grows.*

Place center of the band securely under one foot, and grasp each end of the band with palms facing forward. Lift arms forward & upward, extending your elbows with palms facing forward. Slowly return to the starting position.

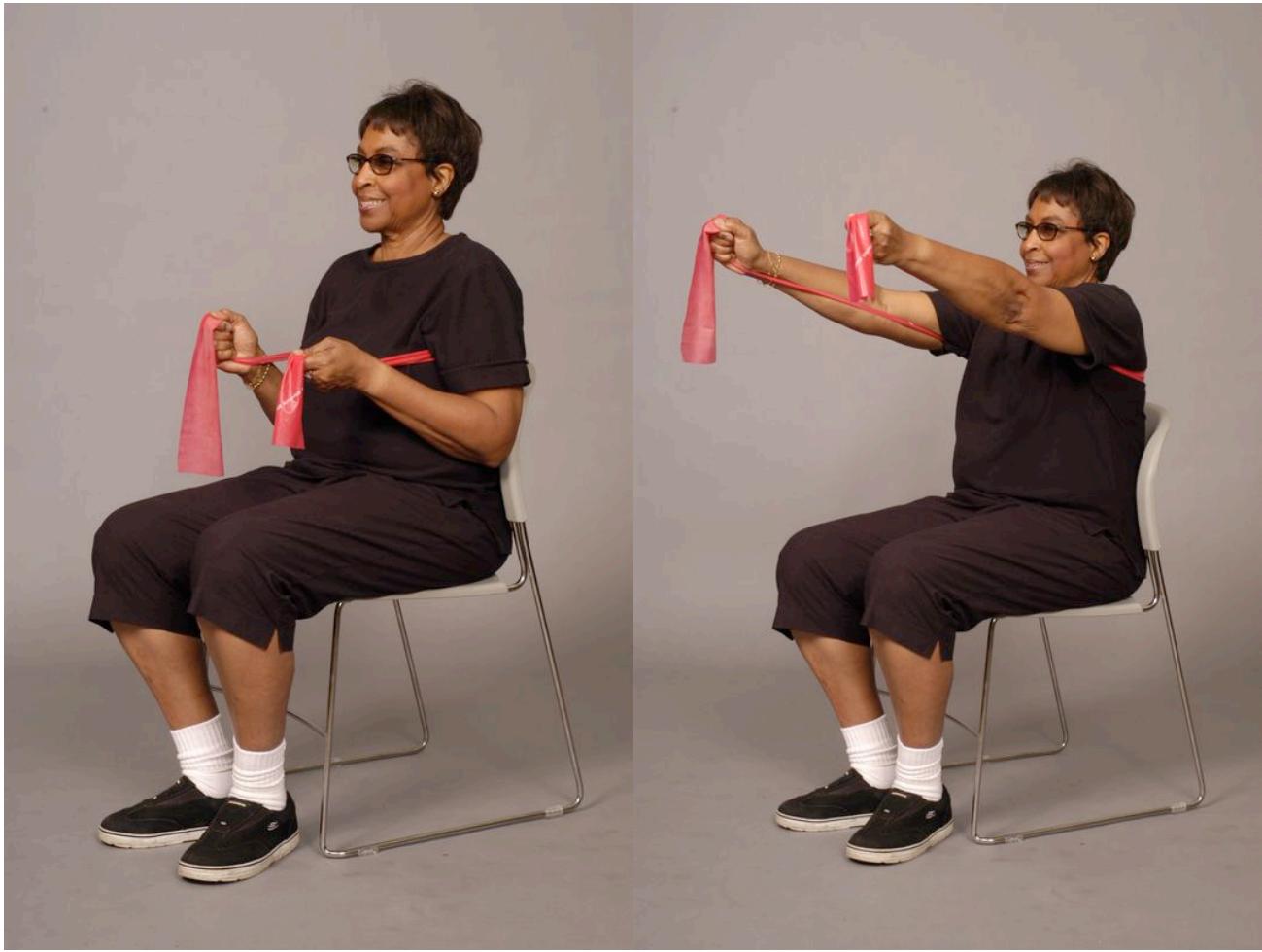
TIP: Keep your back and neck straight. Don't lift above your shoulders if it causes pain. Don't hold your breath. Relax between repetitions.



## Shoulder Pull Back

Grasp the ends of the band in front of you at shoulder height, and take up the slack. Pull the band outward, keeping your elbows straight and pinch your shoulder blades together. Slowly return.

TIP: Keep your lower back straight. Don't hold your breath, and relax after each repetition.



## Forward Reach

Begin with band wrapped around your upper back. Grasp both ends of band with elbows bent and palms facing inward. Push band forward, extending your elbows to shoulder level. Slowly return to starting position.



## Seated Row

Extend your legs and wrap middle of band around feet. Be sure band is secure by wrapping the middle around your feet so it won't slip. Grasp both ends of band with elbows straight. Pull band upward and back, bending elbows. Slowly return to starting position.

TIP: Keep your knees and back straight.



## Upright Row

*This exercise can be done seated or standing. You may find you need a bit more support in your "core" (the muscles in your abdomen and stomach area) at the beginning. If so, try sitting until your core strength grows.*

Place middle of the band under both feet and grasp each end of the band with palms facing down. Pull the ends of the band upward toward your chin, lifting your elbows upward. Hold and slowly return to the starting position.



# Strength for Health



Questions? You can reach Dr. Kate Wolin  
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