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## Strength Training is Important for Cancer Survivors

Cancer treatments are grueling. The most common cancer treatments—surgery, chemotherapy and radiation—produce a list of side effects that occur during the actual treatment period. However, the damage doesn't end with graduation into remission. Long-term side effects of these cancer therapies include pain, neuropathy, increased susceptibility to fractures, scar-tissue buildup, fatigue and cardiovascular issues. In essence, a cancer survivor has survived the cancer but now has a series of new problems.

According to a recent article from the *Mayo Clinic Proceedings*, there is another significant problem stemming from cancer treatments. "Skeletal muscle dysfunction is a highly prevalent, but often overlooked, phenomenon in the oncology setting," and **muscle dysfunction is "independently associated with clinical endpoints including survival time."**

The seven-year research study conducted by a group of American and Australian researchers, looked at lifestyle habits in 2,863 cancer survivors. The survivors were anywhere from 18-81 years old and in remission from various types and stages of cancer. The results showed that **strength training was connected to a 33% lower rate of death!**

From the results mentioned above, one might feel that the result is logical and expected. After all, strength training is exercise, and exercise, in general, can be beneficial for health. However, there was another key finding that might get your attention: overall physical activity had no effect on the participants' death rate. **Just being physically active, without the inclusion of strength training, did not decrease the chances of dying during the study.**

How can this be? During cancer treatments, muscle and bone tissue are lost. Muscle strength is directly connected to the ability to complete activities of daily living. And as bone density is lost, fractures become more likely, and a fracture obviously leads to less physical activity and further physical and mental decline. (If you have looked at death rates in the year after an older adult suffers a hip fracture, you know exactly what I mean.)

## Testimonials



I confess at age 63 the only thing more frightening to me than three-way mirrors is joining a gym full of 20-somethings wearing bra tops and short shorts! Thank you, SIMPLY STRONG, for providing an alternative to one-size-fits-all exercise programs. SIMPLY STRONG's protocol checks a lot of my boxes. Scheduled appointment times with a personal trainer, a clean and quiet environment, well-maintained equipment and a customized weight-training program that maximizes my efforts and time are services that matter to me. So is my privacy and dignity, which are both well-respected and maintained. I have been in the program for a month and I'm already feeling the benefits. Thank you SIMPLY STRONG!

**Sue – age 63**



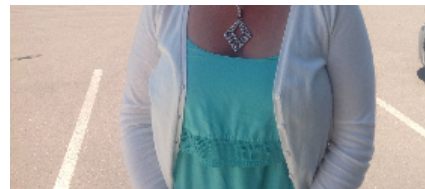
While pursuits such as gardening, walking and swimming are physical activities, they ARE NOT significant methods for improving muscle and bone mass. Strength training is. According to the Mayo Clinic article, **research shows strength training “has the capacity to induce clinically significant improvement in muscle function in patients with cancer.”**



Progressing to remission and “cancer survivor” status is cause for celebration, but the work does not end there. Cancer treatments lead to a number of side effects, including decreased overall functional ability. Strength training provides a way for these individuals to work towards regaining their pre-cancer functional capacity, and, according to this study, increases the chances of living longer. Considering that very effective strength training can be accomplished with an investment of just one 15-minute training session a week, it’s an understatement to say it’s worthwhile for cancer survivors.

#### References:

Christensen, J. F., Spry, N. A., & Galvão, D. A. (2014, January). Resistance Training and Cancer Survival. In *Mayo Clinic Proceedings* (Vol. 93, No. 10, pp. 1405). Elsevier.



One of the biggest surprises of coming to SIMPLY STRONG that I didn't expect to have was the removal of my negative “self-talk.” Just like so many of you, I am very busy. I have five children, a full-time job, everybody's in sports, and it was hard for me to cram in an hour or a half-hour to work out. I would kind of beat myself up in my head and self-talk, “Oh you didn't exercise today.” “Oh you are going to gain five pounds if you don't get to the gym.” But that is all gone by coming here to SIMPLY STRONG. All of that negative self-talk is absolutely gone! Just to know that these 15 minutes are mine and that it's making a difference is huge, and that was a great surprise!

**Amy – age 42**

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Working out at SIMPLY STRONG has increased my strength, my endurance, and has helped me with all aspects of my life. My endurance for work and for working out, playing golf and playing basketball has improved immensely. I consider it the most healthful thing that I could do for myself.

**Dr. Carlock – age 68**

SIMPLY STRONG is making me feel younger and healthier. I am able to do for myself, when other times I could not. I love how Ed keeps track of my progress and I love knowing about my progress. It makes me feel stronger; I love it! I don't want to be without it! For 15 minutes, it's worth it. I don't like to work out, but I love this workout here at SIMPLY STRONG!

**Linda – age 67**

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(Vol. 89, No. 10, p. 1465). Elsevier.

Hardee, J. P., Porter, R. R., Sui, X., Archer, E., Lee, I. M., Lavie, C. J., & Blair, S. N. (2014, August). The effect of resistance exercise on all-cause mortality in cancer survivors. In *Mayo Clinic Proceedings* (Vol. 89, No. 8, pp. 1108-1115). Elsevier.

## Fitness Oatmeal

This oatmeal is packing a powerful ingredient—protein. Mix a scoop of your favorite protein powder into your oatmeal to transform it into a quick and healthful breakfast.



Servings: 1

### Here's what you need...

- ½ cup whole-grain oats
- 1 cup water
- dash of sea salt
- 1 scoop high quality protein
- 1 tablespoon chopped macadamia nuts
- 1 tablespoon golden raisins

1. Mix the oats, water and salt together in a microwave-safe bowl. Microwave on high for 2 to 4 minutes.
2. Stir in protein, top with nuts and raisins.

**Nutritional Analysis:** One serving equals: 325 calories, 7g fat, 41g carbohydrate, 10g fiber, and 26g protein.

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Two Free Sessions!**

**Members, remember when you refer a friend who signs up for a package, we would like to "Thank You" in the form of **two FREE sessions** for the referral!**



At first glance, SIMPLY STRONG appeared to be a “too good to be true” magic bullet to fitness; boy, was I wrong! If you commit your time (and who doesn't have 15 minutes in their schedule), invest your money and focus your efforts, you will realize that the return on your investment impacts your life in many positive ways. My daughter is a personal trainer at one of those “other gyms.” Katie, who is my daughter's age, finds ways to tap into my competitive side to challenge me, and the results are all the proof I need. SIMPLY STRONG is the workout that is the best fit for me!

**Lisa – age 53**



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If you can spare just 30 minutes a week, Ed and Katie will share their support, motivation and innovative strength-building techniques to help you become SIMPLY STRONG! My short workouts have provided long-range benefits. Since starting at SIMPLY STRONG, every day I now feel better, I feel healthier and I feel stronger. I'm also hitting the golf ball farther...a lot farther!

**Jeff – age 34**

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