



LoriMichielFitness, Inc.
Senior Fitness in the Home

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Fitting News

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Exercise and fitness after a cancer diagnosis may seem daunting, but studies show it can make a BIG difference!



You Are a Survivor! Remain strong through exercise.

Too many people in my life have cancer. Since this is Breast Cancer Awareness month, I thought I would take this opportunity to share some things I have discovered along the way about exercise for cancer in general, to encourage you or those you love to move forward with confidence.

The American Cancer Society recommends that cancer survivors take the following steps:

- Start a regular physical activity program
- Avoid total inactivity after diagnosis
- Aim to exercise at least 150 minutes per week
- Include strength training exercises at least two days per week

Some of my clients have said that on their worst days, in terms of fatigue, doing a little something, whether it be some light stretching, gentle yoga, or walks in the fresh air made them feel better.

Andrea Leonard, B.A., C.S.C.S., C.E.S., P.E.S. Founder and President of the Cancer Exercise Training Institute, says it is imperative that “patients MUST discuss exercise with their doctor and get a complete Medical Clearance Form. Be sure they state any limitations or modifications that will be necessary in their exercise programming.”

[Read More](#)

For Your Inspiration

Music is Poetry with Personalities

“My Life” – The Beatles

“Eleanor Rigby” – The Beatles

“With a Little Help From My Friends” – The Beatles

What's **NEW**

Start each day on a positive note. I plan to focus on my mantra: “I am getting stronger every day.” It doesn't mean that I am lifting weights all the time--it means that I aim to make each day better than my last. Maybe today I'm emotionally stronger--my inner thoughts are at peace. And maybe tomorrow I'll feel physically stronger because I went for a walk and breathed some of the freshest air possible.



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For more consultation, blogs, exercise snack videos or to subscribe to this newsletter, sign up at www.LoriMichielFitness.com or call 818-620-1442

Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.