



December 2008

Volume 1
Issue 6

H.O.P.E.

Helping Oncology Patients Exercise



In This Issue

[Recipe](#)

[Doctor's Corner](#)

[Featured Staff](#)

[Featured Exercise](#)

[Holiday Closings](#)

[Make the Commitment](#)

[CFFL Inspirational Calendars](#)

Quick Links

[Cancer Foundation for Life](#)

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Dear Wendy,

HO! HO! HO! HAPPY HOLIDAYS!

The holidays bring such wonderful things: gorgeous music, beautiful decorations, friend and family gatherings, and the delicious foods of the season. And, unfortunately, most of us "over indulge" at this time of the year.

That "over indulging" comes in many ways, too. Be it food, money for gifts we give, or even in our socializing. We seem to go full force during this time of the year and sometimes lose sight of what is most important in our daily lives. (Because apparently, we don't tend to over indulge in exercising.) Actually, it's just the opposite, our centers slow down so much that for the past couple of years we just go ahead and shut down on Christmas Eve and then reopen after the first of January. With everything else going on in our lives, that daily/weekly visit to the fitness center just doesn't make it to our priority list.

No, this is not a letter trying to make you feel guilty! Go ahead and enjoy as much of the holiday season as you possibly can. One of our main goals is to help our participants achieve the best quality of life they can, so while you are buying gifts or cooking luscious treats, just remember to take care of yourself in the meantime. Do whatever exercise you can so that you don't have to work twice as hard in January just to feel better. Try not to over indulge on everything, so you can actually enjoy the holidays more.

From the staff and Board of Directors of CFFL, we wish you a most joyous holiday season! And remember, we'll open up again on January 5th.

See you next year! Pam Lisner



Recipe

Hungarian Goulash Soup

2 Tbsp. olive oil
1 lb. lean pork tenderloin, cut into 1 in. cubes
2 medium onions, chopped
4 garlic cloves, minced
2 Tbsp. whole grain flour
2 Tbsp. paprika
1 Tbsp. tomato paste
1 cup dry white wine
1 red or green pepper, chopped
1 lb. boiling potatoes cut into 1 in cubes
6 cups low-fat, reduced sodium chicken broth
1/4 cup low-fat sour cream (optional)
Salt and pepper to taste

In a large saucepan, heat oil over moderate high heat until hot. Add pork, in batches, if necessary. Brown on all sides. Transfer the pork into the saucepan. Add onions and garlic to Skillett and cook until tender. Stir in flour and paprika and cook mixture, stirring for 2 minutes. Whisk in wine, bring to boil. Simmer soup for 1 hour until pork is tender, and salt and pepper to taste. Garnish each portion with sour cream, if desired. Serve with whole grain bread or crackers or over boiled egg noodles for main course.



Makes 8 Servings:

Per Serving (1 cup):

Calories: 223 g

Fat: 7 g

Sodium: 588 mg

Doctor's Corner

by Dr. Robert Droder

Improving general health status is important during cancer therapy, but also after it has been completed. You have finished your cancer therapy and your physician tells you your long-term prognosis is good. Now you must work on getting yourself back in shape both physically and nutritionally.

Newer and more effective antiemetics reduce the nausea and vomiting associated with chemotherapy and therefore much of the weight loss experienced in the past is not seen as often now. Just as exercise is important to restore muscle strength and reduce fatigue after

chemotherapy, proper nutrition is also vital to allow the patient to take advantage and achieve the good prognosis their therapy has given them.

The first bit of advice would be to avoid fad diets or supplements that have no statistical evidence of achieving weight loss or reducing future cancer risk. Many of these fads are supported by only a single study and refuted in others but gain a lot of notoriety in the lay press. For example, antioxidants found in fruits and vegetables can help to repair damaged cells. There is no proof antioxidant supplements reduce cancer risk. Therefore, getting antioxidants through food sources is the best advice.

A diet rich in fruits, vegetables, and whole grain fiber and low in saturated fat is healthier, lower in calories, and can promote weight loss. A diet that is low in calories and fat with the proper ratio of carbohydrates to proteins is far more efficient in causing weight loss than exercise. Evidence exists that being overweight increases the risk of cancer recurrence and lowers chances of survival. It is also linked to increased risk of new cancer development.

Achieving proper dietary habits requires lifestyle change. Suggestions include preparing your own meals and avoid as much as possible eating out, especially at fast food restaurants. Many people believe they eat very little when in reality their calorie intake is indeed high. The person who eats one meal a day is usually so famished that the calorie content in that meal is higher than needed. Therefore, eating smaller more frequent meals is advised.

Getting in the habit of reading calorie and fat contents on the labels and measuring portions is also helpful. More structured approaches include diets suggested by the American Diabetes Association or the American Heart Association.

A vegetarian diet is not necessary and meats do not need to be avoided. However, because of high fat and chemical content, red meats and processed meats should be limited. It is also not true that sugar feeds cancer. However, excessive sugar intake promotes weight gain and should be avoided (with soft drinks being one of the major culprits). The so-called "white foods" (pasta, rice, potatoes, etc.) are fine in proper portions. It is what is put on top of them that leads to higher calorie and fat content.

Avoiding weight gain helps to promote a healthy lifestyle. It is also helpful in reducing cancer incidence and recurrence and also helps to prevent other diseases as well. Proper nutrition and exercise allows you to take control of your future health.

Dr. Robert Droder
Tyler Hematology Oncology

Featured Staff



My name is Matt Tucker and I have just recently been promoted to Clinical Manager in Dallas, Texas for our FitSTEPS for Life® program. Before becoming Clinical Manager I worked for a year in one of our centers located at the Gilda's Club North Texas. I thoroughly enjoyed my time that I got to spend with our participants at that center. Working in such an atmosphere where people truly are an inspiration to me is what I enjoy most about this Foundation. I love the fact that we offer not only a free exercise program, but the opportunity for each individual to bond with others that are going through the same types of problems.

Throughout my childhood and teenage years I was always involved in physical activity, whether it be riding bikes or playing some sort of sport. As my college years approached I knew I wanted to continue being

physically active, and wanted my degree to show that. That is why I chose to major in Exercise and Sports Science at Texas State in San Marcos and to become a certified personal trainer.

My experience in working with cancer survivors has been truly remarkable. I never would have expected to gain so much from the patients. I am blessed to be able to use my knowledge, skills, and education to help serve the needs of these individuals. I believe with the support and exercise that comes with our FitSTEPS for Life® program, we not only help improve the quality of life of our participants and reduce reoccurrences, but we also change lives for the better.

Featured Exercise

by Matthew Ebert

Seated Safety Squat

So how many of you have said to yourselves, "Gosh, it's becoming more difficult to get in and out of my favorite chair," or "My balance just isn't what it used to be?" Well, as most of you know, the FitSTEPS for Life® program can help you improve both balance and coordination. Although many activities within the program focus on core (stomach and back) muscle strength, one machine in particular can target these muscle groups. Not only that, it is also excellent for strengthening your legs and knees. It's called the Seated Safety Squat machine. You know, that strange looking green one.

Core muscles are responsible for initiating all body movements and are the body's pillar of strength. Because of their position, they can be difficult to condition adequately. They also support and protect internal organs and are the root of the majority of lower back pain when weakened. The Seated Safety Squat is specifically designed to target this difficult area. Not only that, this machine is also exceptional at strengthening your legs in general. Specifically the front of the thigh (quadriceps), back of the thigh (hamstrings) and the hip.

As you can tell, this is a versatile machine and can be an outstanding complement to the Swiss Ball exercises. Like any activity within the FitSTEPS for Life® program, it is important that you are always progressing yourself by doing a little bit more each week. For example, if you are performing 8 repetitions at a resistance of 2 one week, try 10 repetitions the following week. In order to make yourself stronger, you must continually challenge your body. Good Luck and as always be sure to see your staff member with any questions.

This to Keep In Mind

*Be sure to place feet so that the calf is vertical to the floor, shoulder width apart.

*Position shoulder pads centered over both shoulders. Sit erect with ears, shoulders, and hips aligned.

*Shoot for a goal of 8-12 repetitions and 2-3 sets per exercise session eventually.

*Increase difficulty by increasing tension (the higher the number the harder the exercise), lowering the seat or holding dumbbells at the side when standing.

Holiday Closings



Cancer Foundation for Life® office and the FitSTEPS for Life® centers will be closed on December 24th, 2008 and reopen on January 5th, 2009. Please verify exact closings dates for your location. The CFFL Staff would like to wish everyone a safe and Happy Holiday. We look forward to seeing you back after the holidays.

Make the Commitment to Yourself

Written by Tameika L. Masters

Quite often while meeting with new patients who are starting the FitSTEPS for Life® exercise program, I encounter individuals who have not exercised before. In the initial visit we discuss what type of goals you want to accomplish and what you want to receive from the program. Often these goals are very broad and will require a great deal of commitment to achieve. These goals range from losing weight, increasing endurance or just wanting to make a lifestyle change by including regular exercise as part of your daily life.

However, in order for these goals to be accomplished, there has to be a level of commitment...your commitment. We can help you make these goals become a reality while in the FitSTEPS for Life® program, but ultimately the decision must be yours.

To begin, highlight the benefits of committing to an exercise program. These benefits can include reduction in blood pressure, weight control, reducing the risk of diabetes and cardiovascular disease. Exercise also helps older individuals become stronger thus reducing the risk of falls. Studies have shown that moderate exercise at least three times a week can increase the survival rate of colon and breast cancer patients by up to 50%.

Another thing you can do in order to achieve your exercise goals is to start with short-term goals that will lead into your long-term success. For instance, many participants that want to lose weight set out to lose twenty to thirty pounds in a certain amount of time and often get discouraged when they don't achieve it, making it easy to give up. Instead, set a goal that is easier to reach by beginning with five pounds. Since you have already committed to exercising, following up with changes in eating habits will be an easy transition that should result in achieving your weight loss goal.

Establishing ownership of your exercise program will help you to achieve your fitness objective. In the FitSTEPS for Life® program we offer you the tools needed to achieve your goals and the support to help you reach them. But don't forget, it takes your commitment to yourself to accomplish these goals. The commitment to dedicate three days a week to exercise.

CFFL Inspirational Calendars

The first ever Cancer Foundation for Life® Inspirational Calendar is still available. This Calendar includes pictures of our participants and an inspirational quote for every month. They are available at all the exercise centers and if you would like more information please call 903-561-0149.

The cost of the calendar is \$10.00.



Cancer Foundation For Life®
2009 Inspirational Calendar
www.cancerfoundationforlife.org

**If you would like more information
please call your local office.**

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**Until Next Time,
CFFL Staff**