



SIX-WEEK STRUCTURED CANCER EXERCISE PROGRAM

For Women with Metastatic Cancer

PROGRAM DESCRIPTION

Through a combination of cardio and strength training, this program helps women with metastatic cancer ease their way into physical activity in a safe, fun, and supportive environment. With the help of a trained Cancer Exercise Specialist, this 6-week program will enhance bone strength, increase flexibility, work on range of motion, and fire up the metabolism.

PROGRAM SPECIFICS

- Taught by Certified Cancer Exercise Specialists.
- Small group setting of 6-10 participants.
- One live class per week via Zoom (recorded and can be repeated during the week at any time).
- A walking program is encouraged as a complementary fitness regimen.
- Each participant is paired with an exercise buddy for added support, motivation, and accountability throughout the program.
- At the conclusion of the 6-week program, an optional monthly “graduate” class is offered and recorded.

PARTICIPANT REQUIREMENTS

This program is specifically designed for women with metastatic cancer and who are approved to engage in specialized exercise.

- Complete a phone screening (with 2Unstoppable) to determine eligibility and interest.
- Complete a 15-minute assessment with the instructor over Zoom or FaceTime to review health history, concerns, & limitations.
- Signed Physician Release
- Signed Liability Waiver
- Completed Health Questionnaire

To learn more email info@2Unstoppable.org
www.2Unstoppable.org





6-WEEK PROGRAM OVERVIEW

Week 1: Ease into Exercise: Beginning with basic stretches and working through the major muscle groups, we will focus on range of motion in the arms, legs and hips as well as improving general daily function. These stretches will be a base for the coming weeks and we will return to them frequently.

Week 2: Flexibility and Strength: Flexibility exercise that focus on lengthening and strengthening throughout the body. We will use some common household objects, such as a bath towel and pillow to increase resistance and challenge the muscles while focusing on breath and proper movement.

Week 3: Adding Resistance: As we continue to work on flexibility and strength, we will add in the use of resistance bands (provided by 2Unstoppable). We will focus on more stretches, balance and core stability as well.

Week 4: Strength, Agility, and Flexibility: Blending the last three weeks together, we will continue to strengthen and add to our mobility through a series of progressive exercises.

Week 5: Kick up the Energy! By week 5, you are hopefully noticing an increase in energy and flexibility. Your muscles may begin to feel stronger and your daily activities might be getting easier to complete. We will continue to build on the last few weeks and add in a bit of cardio movement.

Week 6: Finishing Strong! A super big party with flexibility and strength as the VIPs of this last workout.

The 2UStrong Team is looking forward to meeting you!

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