

TOP 5 FITNESS TIPS

to Gain Strength After Treatment



HI, I'M CASEY!



Do you want a better more efficient way to workout post cancer? Struggling to maintain strength? Struggling to build strength post cancer? Don't know what is safe after treatment ends?

Because your body is impacted by cancer and cancer treatment your body is hormonally different, so you can't workout the same way you were once used to.

That's why I created the following for you! We all have to start somewhere. Slowly together we can get you started on your journey.

Scientific studies show the benefits of exercising both during and after treatment. These include:

- Improving balance, which is a lower risk for falls and broken bones
- Lessening the risk of osteoporosis, especially with some of the meds that are associated with loss in bone density
- Keeping muscles from wasting due to inactivity
- Improving blood flow
- Improving immune system
- Improving mood
- Lessening nausea
- Lessening symptoms of fatigue
- Weight management
- Improving self esteem and quality of life
- Lowering anxiety and depression symptoms

These are all the medical benefits, but, exercise will also help us to look and feel sexy. Treatment takes away pieces of us. This is a way to take it back. Own your Body. Love your Body. Treat your BODY the way you want to be treated.

I know exactly what it's like to be in your shoes. I was diagnosed with Acute Lymphoblastic Leukemia on February, 14, 2014. That's right Valentine's Day. I was immediately hospitalized for 31 days, starting on a two year chemotherapy protocol.

Always active prior to diagnosis, I knew that laying in a bed all day wouldn't help me get better. After 5 days of laying in bed I got up and took my first lap around the floor. It took over 5 minutes to go approximately 100 yards. I was so de-conditioned, that after that first lap I had to rest. From that point on, my husband and I created a goal. To walk further and faster everyday. It wasn't easy, my body was sore, achy and I felt like shit. But I started

At the end of June 2014, I had a stroke and seizures due to complications directly linked to chemotherapy. 21 days later, while going through treatment I had to re-learn how to use the entire left side of my body. This included how to walk, eat and use each and every single one of my little digits on my left hand. This is when I realized that I should have been exercising more intensely the entire time.

I did relapse two more times. Each time having to start from scratch. In addition, I slowly started practicing yoga. I had a picc line on my right arm, but I soon learned how to work with it in a safe manner.

Broken and beaten down not just physically but emotionally, this is when I really started to recover. Over time, I went from not being able to physically walk more than a few hundred yards, to very slowly lifting weights again in my home gym. I literally started with my own body weight and began my progression. I didn't have a "look" in mind, I just knew I wanted to get stronger.

From my own journey I have found my passion, which is to help people that were once where I was and help build them back up. Yes, it's hard. Yes, it's exhausting, but I am here to give you all the tools you need to make this journey easier for you. From my own experience and that of others we will make you stronger than you already are.



**TRAUMA-INFORMED
CANCER COACH**



AUTHOR

*"Finding Your Way Back
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*"A Happier, Healthier You"
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WORKOUT 1

Difficulty Level: Low to Medium **Focus Area:** Full Body

Equipment: None

Notes: Rest as needed

COMPLETE 3-4 ROUNDS:

- 10 Body Weight Squats
- 10 Reverse Lunges (*each leg*)
- 10 Jumping Jacks (*Modification: just arms*)
- 10 Push Ups on your knees
- 10 Side Lunges (*each leg*)
- 10 Hip Lifts (*laying on your back with feet hip width apart*)
- 10 bicycle crunches (*Modification: Regular Crunches*)

WORKOUT 2

Difficulty Level: Medium to High **Focus Area:** Cardio

Equipment: None

Notes: Rest as needed

COMPLETE 1 ROUND:

- 30 seconds High Knees (*Modification: Lift Knees*)
- 30 seconds Mountain Climbers
- 1 minute Jumping Jacks
- 30 seconds Seated Twists
- 30 seconds Leg Lifts
- 1 minute Curtsy Lunges (*alternating sides*)
- 30 seconds Plank with Legs In/Out
- 30 second Reverse Lunges to Lifted Toot Standing Balance (*each side*)
- 1 minute Jog in place (*Modification: Walk in place*)

WORKOUT 3

Difficulty Level: High

Focus Area: Core & Legs

Equipment: None

Notes: Rest as needed

COMPLETE 3 ROUNDS:

- Plank (*Hold as long as you can, working up to 1 minute - on your hands or forearms*)
- 20 Side Lunges (*each leg*)
- 1 minute Walking Lunges
- 10 Squat - walk out to Plank - hold Plank and back to stand

WORKOUT 4

Difficulty Level: Medium to High **Focus Area:** Glutes

Equipment: None

Notes: Rest as needed

COMPLETE 3 ROUNDS:

- 12 Body Weighted Squats
- 12 Alternating Legs Forward to Reverse Lunges
- 20 Hip Bridges
- 16 Alternating Curtsy Squats
- 30 Second Wall Sit

WORKOUT 5

Difficulty Level: Medium to High

Focus Area: Full Body

Equipment: None

Notes: Rest as needed

COMPLETE 4 ROUNDS:

- 5 Standing to Hand Walk-Out to Plank and back to Standing
- 8 Arm Circles (*forward and backward*)
- 8 Bench Dips
- 8 Knee Push Ups

BONUS TIPS



Your whole body will ache. It's okay. I promise you moving your body will alleviate these and future aches.



Walking is great for strengthening the lungs and is low intensity, don't overlook it. Work up to 3 miles per day, especially if it's the only form of activity you are able to do.



Get resistance bands for light to moderate intensity to keep building muscle. P.S: They're also great for when you're inpatient.



Yoga is a great way to gently bring strength back into your routine. Email or private message me and I am happy to share what worked for me.



Make sure to eat balanced nutritious meals when you can.



Have a goal, and write that goal on paper. Make it a point to yourself to accomplish that everyday. Even if it is just waking up, getting out of bed and showering.

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