

POWER Wellness Program

POWER: Program of Wellness, Empowerment and Recovery

Designed for Breast Cancer Patients

The POWER Wellness Program is specially designed for our breast cancer patients to empower them with knowledge, emotional support and whole-body wellness. The program provides an uplifting structured exercise experience designed to assist in regaining functional abilities during recovery. Integrating physical activity into one's lifestyle is of vital importance in creating lasting health and well-being.

The goals of the POWER Wellness Program are to:

- Improve overall quality of life
- Decrease body fat, increase muscle mass, build strength, cardiovascular endurance
- Prevent lymphedema and frozen shoulder
- Recover functional ability and lower odds of recurrence
- Create positive lifestyle habits and enhance self-esteem
- Provide interaction and socialization
- Increase chest and shoulder range of motion
- Reduce severity of therapy side effects and improve medication tolerance
- Decrease stress and promote wellness



Components:

- A six-week small group training (up to 4 people), two sessions per week with an American College of Sports Medicine/American Cancer Society Certified Cancer Exercise Trainer
- A six-week Wellness Center membership
- Fitness Assessment (based on individuals needs)
 - Cardiovascular fitness, flexibility, body fat, circumference measurements, BMI, hand-grip strength
- Pre- and Post-Movement Screening (focused on affected shoulder)
- Exercise recommendations for continuation upon completion of program
- Opportunity to maintain contact with other program participants upon completion of program through contact lists

Program Fee: \$268

Steps to Take:

- Receive your **POWER Referral Form** from your physician for evaluation with Physical Therapy.
- Receive your **Wellness Referral Form** from the Physical Therapist who performs your evaluation.
- Bring your **Wellness Referral Form** to the Cheek-Powell Wellness Center to enroll in the POWER Wellness Program.
- Schedule your Fitness Assessment with the Wellness Center front desk staff.
- During your assessment, you will have an opportunity to discuss which exercise class will best fit your schedule for the six-week program.