

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

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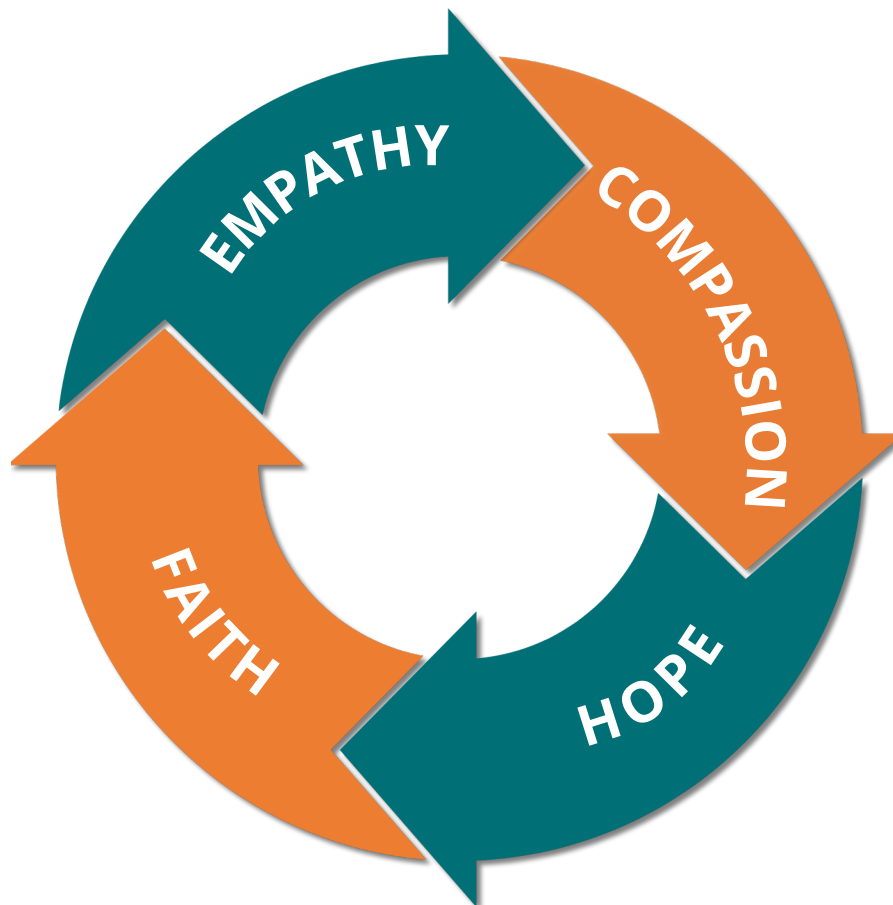
OUR MISSION

EMPOWER PATIENTS
IN THEIR CANCER & LYMPHEDEMA JOURNEY!

EMPOWERING WELLNESS, EVERY STEP OF THE WAY



OUR VALUES



WEEK 1

WELCOME

COMPLETE CANCER REHAB



WELCOME TO THE SUMMER OF STRENGTH SERIES FROM COMPLETE CANCER REHAB!

Whether you're recovering from cancer, managing lymphedema, dealing with long-term fatigue, or simply looking to reconnect with your body, you are not alone — and this series is for you.

Over the next 12 weeks, we'll gently rebuild strength, confidence, and a sense of possibility. You don't need a gym, special equipment, or to "feel ready." All you need is a body that's still trying and a heart that hasn't given up.

Every week, you'll get helpful guidance, a simple strength circuit, and a clear plan to follow — no guesswork, no pressure, just steady progress at your pace.

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SUMMER OF STRENGTH

EXERCISE

THIS WEEK'S FOCUS: RECLAIMING STRENGTH

Let's begin with a truth: You are not starting over.

You are starting again — this time with wisdom, experience, and hard-earned resilience.

For many, recovery comes with the hope of “bouncing back.” But real healing doesn't follow a straight line. It asks for patience, compassion, and a willingness to take things one step at a time. You may notice your body feels different now — perhaps slower, more swollen, weaker, or just unfamiliar. That's not failure. That's healing in progress.

THIS WEEK, YOUR FOCUS IS NOT ON PUSHING HARDER — IT'S ON RECONNECTING.

We're laying the groundwork for lasting strength by gently activating key muscle groups, improving posture, and restoring body awareness. This is about the foundation first.

You might feel moments of fatigue and moments of hope. Both are part of the process. Both belong.

Strength doesn't return in a single workout. It comes back in waves — through consistent effort, mindful movement, and grace for yourself on the hard days. Every small win matters. Every step you take is a reclaiming of your power.

Keep showing up. Your strength is already making its way back.



**“The secret of getting
ahead is getting started.”
— Mark Twain**



THIS WEEK'S STRENGTH GOALS

1. Begin reactivating key muscle groups with gentle, purposeful movement.
2. Focus on posture and alignment — small shifts here create big results.
3. Practice intentional breathing — it calms the nervous system and improves focus.
4. Celebrate every small win — finishing a session, noticing better posture, getting through the day.

WHAT YOU MIGHT FEEL

Tired — because your body is working hard behind the scenes to heal.

Hopeful — because movement creates momentum and possibility.

Uncertain — and that's okay. Progress is often quieter than we expect.

Whatever you're feeling is valid. You don't have to fix it — just feel it and keep showing up.



IMPORTANCE OF STRENGTH TRAINING

If you've ever asked yourself,
"Can a few simple exercises really
make a difference?"

The answer is a clear and confident:

Yes. Absolutely!

**"JUST KEEP MOVING FORWARD.
ONE STEP AT A TIME. YOU'LL
GET THERE."**

Strength training isn't just for athletes or gym-goers. For those in recovery, especially after cancer treatment, surgery, or long periods of inactivity, it's one of the most essential tools for healing. Even gentle, seated, or band-assisted exercises can change how your body functions, feels, and recovers.

HERE'S WHY IT MATTERS:

- **Supports Lymph Flow:** Muscle contractions help reduce swelling and promote circulation.
- **Boosts Energy:** Gentle strength work can reduce fatigue and improve daily stamina.
- **Prevents Muscle Loss:** Treatment and inactivity can weaken muscles; strength training helps rebuild.
- **Improves Balance and Mobility:** Strength supports walking, standing, and prevents falls.
- **Lifts Mood and Focus:** Movement releases endorphins and restores a sense of control.

TIPS FOR STARTING A FITNESS PROGRAM



START WHERE YOU ARE

You don't have to be strong to start — you start to get strong.
It's okay to begin with 5 minutes a day. Consistency matters more than intensity.

LISTEN TO YOUR BODY — NOT YOUR EGO

Some fatigue is normal, but pain is not.
Take breaks, modify moves, and rest when you need to. Healing bodies need grace.

FOCUS ON FORM, NOT SPEED

Move slowly and with control, especially if you've had surgery or lymph nodes removed.
Quality > quantity. Fewer reps with good form = safer and more effective results.

TRACK SMALL WINS

Keep a strength journal or use a printed tracker.
Celebrate every workout completed, every new veggie tried, and every moment you showed up.

MAKE MOVEMENT ENJOYABLE

Turn on music you love.
Do it with a friend, a partner, or in a small group.
Smile while you move — it boosts your brain and your body!

HYDRATE & FUEL WISELY

Drink water before and after workouts.
Eat something light with protein and healthy carbs 1–2 hours before movement.

HONOR YOUR STORY

Your body has been through a lot — and it's still showing up.
Movement is a celebration, not a punishment.

BE PATIENT — AND KIND

Progress is not always linear.
There will be good days and harder ones. Keep showing up with a willing heart.



RESISTANCE TRAINING WEEK 1

WELCOME TO YOUR FIRST STRENGTH CIRCUIT OF THE SUMMER OF STRENGTH SERIES!

This gentle, low-impact routine uses just your bodyweight — no equipment needed. Each move is designed to improve posture, balance, circulation, and overall strength. Whether you're seated or standing, go at your own pace, listen to your body, and celebrate every rep. Consistency is more important than perfection — just by showing up, you're building momentum

CIRCUIT INSTRUCTIONS:

REST **30–60 SECONDS** BETWEEN EXERCISES.

REPEAT THE FULL CIRCUIT ONE TO TWO MORE IF YOU FEEL GOOD

DRINK WATER

STAY ENCOURAGED

TRAINING CIRCUIT WEEK 1

TIP: PERFORM EACH MOVE SLOWLY AND WITH CONTROL. DO 1-2 ROUNDS, 2-3 TIMES THIS WEEK.

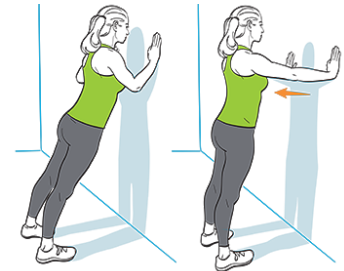
MOVE 1: WALL PUSH-UPS

STRENGTHENS: CHEST, SHOULDERS, ARMS

INSTRUCTIONS:

1. Stand facing a wall with feet hip-width apart.
2. Place your hands on the wall at shoulder height, slightly wider than your shoulders.
3. Slowly bend your elbows to lean your body toward the wall.
4. Push back to the starting position.

✓ Do 10-12 reps



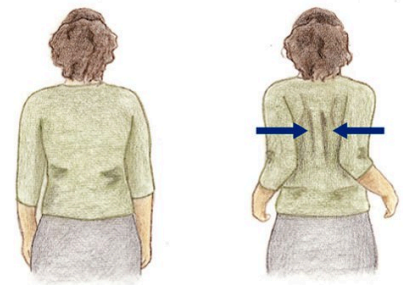
MOVE 3: SHOULDER SQUEEZES

STRENGTHENS: UPPER BACK, POSTURE MUSCLES

Instructions:

1. Sit or stand tall with arms at your sides.
2. Pull your shoulders back and squeeze your shoulder blades together.
3. Hold for 2-3 seconds, then release.

✓ Do 10-12 reps



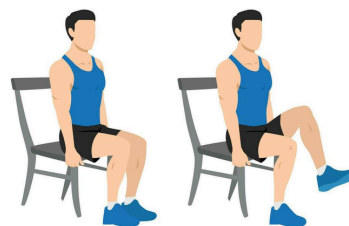
MOVE 3: KNEE LIFTS

STRENGTHENS: CORE, HIPS, THIGHS

Instructions:

Sit tall in a chair (or stand with support nearby).
Lift one knee toward your chest without leaning.
Lower with control and switch legs.

✓ Do 10 reps per leg



OR



Move 4: SIT TO STANDS

(OR MINI SQUATS IF STANDING)

STRENGTHENS: LEGS, GLUTES, BALANCE

Instructions:

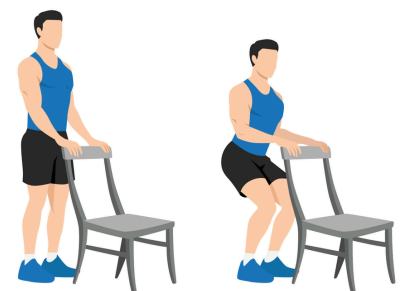
1. Start seated on a firm chair with feet flat on the floor.
2. Push through your heels and stand up tall.
3. Slowly lower back down to a seated position.

✓ Do 8-10 reps

🔄 If needed, use your hands on your thighs for support.



OR



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



SUMMER OF STRENGTH
NUTRITION

FUELING RECOVERY

GOOD NUTRITION

Good nutrition plays a vital role in supporting recovery and overall well-being for individuals facing cancer and managing lymphedema. A balanced diet rich in whole foods—such as fruits, vegetables, lean proteins, and healthy fats—can help strengthen the immune system, enhance energy levels, and support tissue repair. Proper hydration and anti-inflammatory foods, like leafy greens and berries, may also alleviate swelling associated with lymphedema.



“By prioritizing nutritious choices, individuals empower their bodies to heal and thrive throughout their recovery journey.”

MAINTAIN HEALTHY LIFESTYLE

CANCER RECOVERY

Individuals who follow a diet rich in fruits, vegetables, and whole grains have a **20-30%** lower risk of cancer recurrence compared to those with poor dietary habits.

LYMPHEDEMA MANAGEMENT

Studies indicate that maintaining a healthy weight can reduce the risk of developing lymphedema by up to **50%** in individuals at risk, such as breast cancer survivors. Additionally, weight loss in overweight individuals with lymphedema has been shown to reduce swelling by an average of **7.6 ounces** in affected limbs



FUELING RECOVERY



HELPFUL TIPS

Here are some practical tips to start eating healthier:

Incorporate More Whole Foods: Focus on adding fresh fruits, vegetables, whole grains, lean proteins, and healthy fats to your meals.

Plan Your Meals: Take time to plan weekly meals and snacks to avoid impulse choices and ensure balanced nutrition.

Hydrate: Prioritize water over sugary drinks and aim for at least 8 cups of water daily.

Portion Control: Be mindful of portion sizes and listen to your hunger cues—eat until you're satisfied, not stuffed.

Limit Processed Foods: Reduce intake of processed and fast foods, which often contain excess sugar, salt, and unhealthy fats.

Healthy Snacking: Keep nutritious snacks like nuts, seeds, or sliced veggies handy to curb hunger between meals.

Cook at Home: Preparing meals yourself allows you to control ingredients and make healthier choices.

Experiment with Flavors: Use herbs and spices to add flavor to dishes instead of relying on salt or high-calorie sauces.

Start Small: Make one or two changes at a time, such as swapping soda for water or white bread for whole-grain bread.

Practice Consistency: Focus on developing sustainable habits rather than seeking perfection.

**SMALL STEPS CAN LEAD TO BIG CHANGES—WHAT'S ONE TIP
YOU'D LIKE TO TRY FIRST?**



THIS WEEK'S **NUTRITION** GOALS

When it comes to building strength, what you eat matters as much as how you move. But don't worry — this week isn't about counting calories or changing everything overnight. It's about small, powerful choices that help your body heal, reduce inflammation, and boost your energy.

GOAL 1: DRINK MORE WATER

- Aim: 6–8 cups per day (or more if cleared by your doctor)
- Hydration helps reduce swelling and supports your lymphatic system.
- Try drinking a glass of water first thing in the morning and before each meal.
- Add a slice of lemon or cucumber if plain water is hard to sip.



GOAL 2: ADD 1-2 SERVINGS OF COLORFUL VEGETABLES EACH DAY

- Think: broccoli, carrots, spinach, bell peppers, or zucchini
- Vegetables provide vitamins and fiber that support healing.
- Steam, roast, or sauté them with olive oil for easy, tasty meals.
- Start with just one meal a day — progress, not pressure!

GOAL 3: EAT A SOURCE OF PROTEIN WITH EACH MEAL

- Examples: beans, lentils, tofu, eggs, Greek yogurt, lean meats (if not vegan)
- Protein helps repair tissue, rebuild muscle, and fight fatigue.
- If eating feels hard, try small portions more often throughout the day.
- Smoothies with plant-based protein are a great start!

GOAL 4: LIMIT ULTRA-PROCESSED SNACKS

- Skip chips, candy, pastries — swap in fruit, nuts, or a protein bite instead
- Processed foods can increase inflammation and leave you sluggish.
- Replace just one processed snack this week with a nourishing alternative.

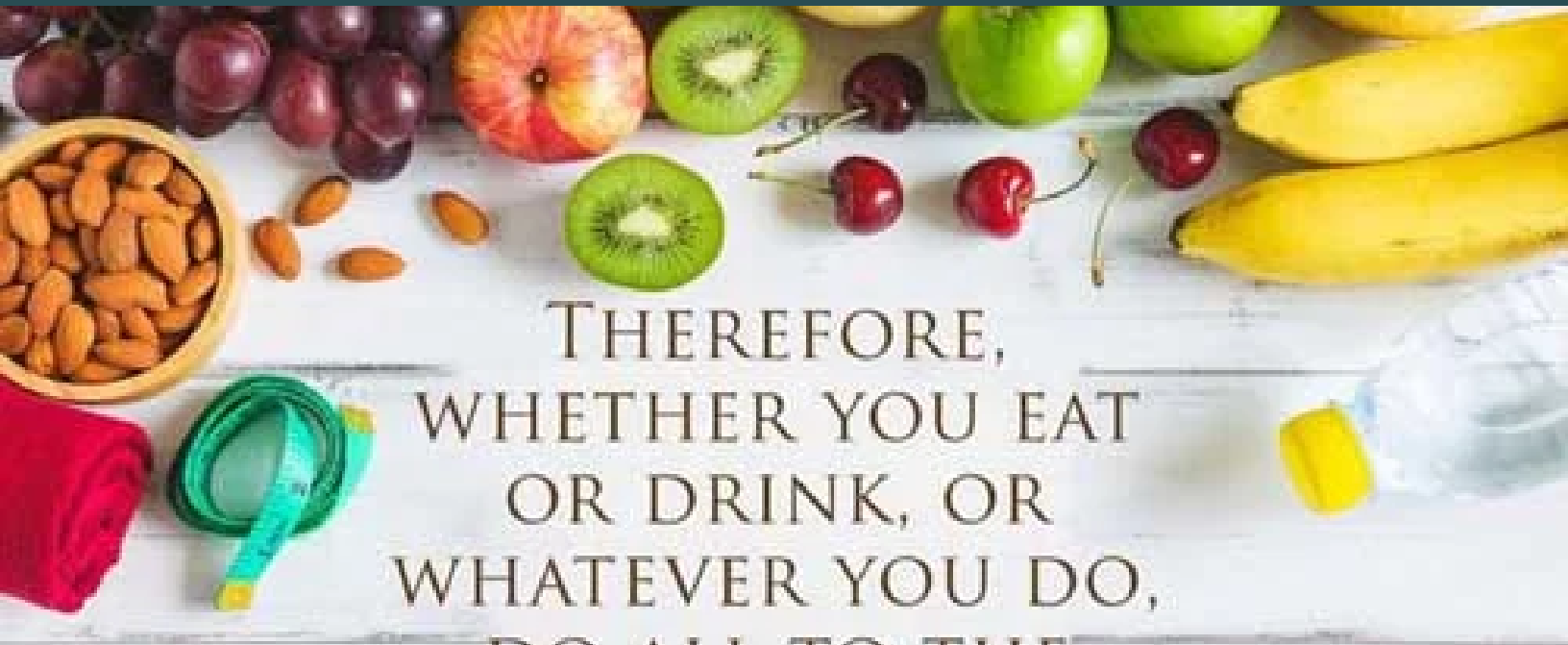
BONUS TIP:

Keep a simple food log for a few days. Write down what you eat and how you feel afterward. It's not about judgment — it's about learning what fuels you best.



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

SCRIPTURE *OF THE WEEK*



THEREFORE,
WHETHER YOU EAT
OR DRINK, OR
WHATEVER YOU DO,
DO ALL TO THE
GLORY OF GOD.

1 CORINTHIANS 10:31

A WORD OF ENCOURAGEMENT

You've already taken the most important step — showing up. Whether you did one movement, drank one extra glass of water, or simply thought about trying — that matters. Strength isn't about perfection. It's about persistence. Your body has carried you through so much — now it's time to reconnect, rebuild, and renew.

You are not alone on this journey. God is with you, and so are we. Take it one day, one step, and one breath at a time.



YOU GOT THIS!