

“Although radiation, chemotherapy, and surgery can take a physical toll, you should remain as active as you can. A study from Brown University, published in May 2005 in the JCO, found women treated for early-stage breast cancer who engaged in moderate exercise had far less fatigue, more energy and felt better about their bodies.”

Journal of Clinical Oncology,  
Vol. 21, Issue 9. 2003

*“Exercise is now seen as an important component in recovery from breast cancer. Recent studies show activity can improve quality of life, help fight fatigue during chemotherapy and radiation, and may even increase the odds of long term cancer free survival.”*

Women’s Health Advisor,  
July. Vol. 10, Issue 7. 2006

“...physical activity after breast cancer has been diagnosed may reduce risk of death from breast cancer.” Journal of the American Medical Association (JAMA). May 2005

*“Women who lose weight by exercising and eating better may reduce their risk of breast cancer more than women who lose the same amount of weight through diet alone, according to a new study of postmenopausal women.*

*Both exercising and eating better are thought to reduce women’s risk of breast cancer by decreasing body fat and levels of the sex hormones related to breast cancer, according to the researchers. But the researchers investigated whether there is any additional benefit to exercising, beyond the effect of weight loss in reducing cancer risk.*

*The results suggest exercising has a stronger effect on breast cancers fueled by hormones, compared with dieting, and also offers additional benefits such as preserving lean body mass, said study researcher Anne Maria May, of the University Medical Center Utrecht, in the Netherlands.”*

By Bahar Gholipour, Staff Writer  
Published: 06/01/2014 07:55 PM EDT on LiveScience

Working out with the “strength for life” girls is taking me to the next level. I’ve rearranged my schedule for the summer to make sure I do not miss any sessions. It is inspiring, invigorating and makes me feel so ALIVE!!

-Colleen

I am loving the workout so much that I dream about our next class. I can’t put a finger on it, but I think it is because in all this madness with dealing with cancer, there is something I DO have control over. And the outcome is a healthy body and positive attitude!

-Pammy

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## STRENGTH FOR LIFE



A strength training program for breast cancer

survivors brought to you by the funds

generated from





The Ryan Ferns Healthplex was imagined, conceptualized, designed, and created to be a completely comprehensive health and fitness facility. The

facility's founder, Dr. Ryan Ferns, developed the idea after several years working as a Physical Therapist in hospitals, nursing homes, outpatient clinics and homecare. The one common problem that Dr. Ferns continuously encountered with patients was that regardless of how much time and preparation was spent on planning for patients' discharge from care, at some point the majority of patients ultimately ended up discontinuing their home exercise program and repeating the same unhealthy lifestyle choices that gave rise to the condition or injury that required physical therapy in the first place. Dr. Ferns knew he needed to develop a way to break the cycle, and from this notion the three tier facility known as The Ryan Ferns Healthplex was developed.

A Physical Therapy Clinic, 24 Hour Fitness Center, and CrossFit Training facility under one roof. And a gracious home for the STRENGTH FOR LIFE program.

### SESSIONS

The sessions will run two times per week for five weeks.

Please call 304.281.4357 or email [drivingforeacure@hotmail.com](mailto:drivingforeacure@hotmail.com) to start your training sessions.

# STRENGTH FOR LIFE

*But the Lord is faithful, and He will strengthen and protect you...*






2 Thessalonians 3:3

Ohio Valley Breast Cancer Awareness, LLC would like to invite you to attend STRENGTH FOR LIFE, an exercise/strength training program.

The program will focus on strength and aerobic training and to bring back self-esteem and quality of life after breast cancer.

This program is dedicated to promote a healthy life style and positive image to breast cancer survivors. STRENGTH FOR LIFE will help stretch and strengthen the shoulder, back, chest and abdominal muscles and to help regain full range of motion to areas affected by breast cancer surgery.

### BENEFITS OF STRENGTH FOR LIFE

-  Improves self confidence
-  Helps regain strength and mobility in affected shoulder and arm
-  Enhances energy levels and helps control weight
-  Decreases stress and tension
-  Enhances physical and mental well-being