

UW LIVING-FIT

“The UW LIVING-FIT program helped me see the real connection between being active and feeling better. The small-group format was ideal and allowed us to get to know each other easily, as well as find common ground.”

— VICKY, 2014 UW LIVING-FIT participant

The UW LIVING-FIT program is a six-week group exercise program for women undergoing hormone therapy for breast cancer. The program focuses on educating women on the importance of integrating exercise into the management of treatment related side-effects. Participants attend small-group meetings for six consecutive weeks. Through interactive, open-forum discussions, participants are encouraged and empowered to make positive lifestyle changes. The only cost associated with this program is parking on campus.

SIX-WEEK PROGRAM

Participants follow a home-based resistance training program, including flexibility and postural exercises. During each UW LIVING-FIT visit, staff guide participants through their exercises to ensure proper form. In addition to resistance training, participants begin a walking program, using provided pedometers and workbooks to record progress. Designed specifically for the program, the workbook provides information about:

- » The effects of anti-estrogen medications, such as aromatase inhibitors and tamoxifen
- » How exercise can be used to help manage the negative side-effects associated with treatment
- » The Canadian Physical Activity Guidelines for adults
- » Setting weekly physical activity goals
- » Identifying barriers to exercise and strategies to overcome these barriers

Generous support from the Zonta Club of Kitchener-Waterloo enables UW LIVING-FIT to:

- » Research and develop appropriate workbook material
- » Purchase pedometers
- » Custom-print workbooks
- » Provide parking to participants
- » Establish a strong working relationship with Grand River Regional Cancer Centre
- » Enhance the referral system
- » Provide qualified staff to develop and manage the program

With continued support, the program will:

- » Allow more women in our community to participate in the program and achieve health benefits
- » Provide on-going support for women who find it difficult to maintain an active lifestyle

To donate to UW LIVING-FIT, email fitness@uwaterloo.ca

WALKING TO WELLNESS

Our walking program is an easy, inexpensive and effective way to increase physical activity. For those who cannot partake in a walking program, strategies are developed on an individual basis to increase physical activity in a way that is suitable for them.

Pedometers are used as a tool to measure progress of the walking program. In the first week, participants are asked to determine a baseline by recording the number of daily steps. In the following weeks, each individual receives coaching on how to increase daily steps in a way that is safe and effective for them.

EFFECTS OF ANTI-ESTROGEN MEDICATIONS

- » Fatigue
- » Bone or joint pain
- » Depression
- » Insomnia
- » Weight gain
- » Osteoporosis
- » Hot flashes
- » Increased cholesterol

BENEFITS OF WALKING

- » Reduce joint stiffness and pain
- » Maintain healthy weight
- » Strengthen bones
- » Improve energy and mood
- » Prevent cancer reoccurrence as well as prevent or manage other chronic conditions

MAKING A DIFFERENCE

Since its inception in 2012, UW LIVING-FIT has worked with women ranging from 35 to 85 years old. Currently the program runs hour-long sessions on Wednesday mornings and Thursday evenings. Each session consists of four to six women. Participants are recruited through the Grand River Regional Cancer Centre as well as its sister program, UW WELL-FIT.

how to get started

- » Ask your oncologist or clinical nurse for a referral.
- » Contact UW Fitness if you have questions or wish to register for an upcoming session.



Telephone

519-888-4567, ext. 38058



Email

fitness@uwaterloo.ca



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uwaterloo.ca/uw-fitness

"I found the UW LIVING-FIT program to be tremendously beneficial for me. It provided an opportunity for the discussion of experiences and the exchange of helpful strategies, in a positive group environment. With its focus being on the management of ongoing side-effects arising from cancer treatment, including the significant role and importance of nutrition and exercise, the UW LIVING-FIT program became a supportive bridge for me between my cancer journey and moving forward on my life's journey."

— VICKY, 2014 UW LIVING-FIT participant



UNIVERSITY OF WATERLOO
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