

**If you have been recently diagnosed with cancer** or are undergoing treatment, it is important to take special care of yourself. Studies show that one of the best ways to do this is to stay physically active.



**WellFit** integrates medical care with wellness to give you the highest quality, most active lifestyle possible. Fitness and nutrition programs integrated into cancer care have been proven to enhance healing, reduce stress, decrease pain and promote better outcomes and improved quality of life.

Starting with your physician's referral, you will receive a customized plan for improving your health and overall wellbeing.

This plan will include nutrition, behavioral health and fitness services and may include physical therapy if needed.

*Ask Your Physician About WellFit  
or Call: 985.493.4765.*

Unlimited access to  
The Fitness Center of Thibodaux  
Regional is included for the length of  
the program.

*For a Virtual Tour:  
FitnessCenterofThibodauxRegional.com.*

$$\left\{ \begin{array}{l} \text{WELLNESS} \\ + \text{CANCER CARE} \\ \hline = \text{IMPROVED} \\ \text{QUALITY OF LIFE} \end{array} \right\}$$

## WHAT THE RESEARCH SHOWS

According to the National Cancer Institute (NIH), research indicates that physical activity may have beneficial effects for several aspects of cancer survivorship—specifically, weight gain, quality of life, cancer recurrence or progression and prognosis.

Research has also found no harmful effects on patients with cancer from moderate exercise and, in fact, has demonstrated that those who exercised regularly had 40% to 50% less fatigue, the primary complaint during treatment.

## BENEFITS OF EXERCISE WHEN YOU HAVE CANCER

Engaging in regular exercise increases muscle strength, joint flexibility and general conditioning and exercise is known to improve cardiovascular function and protect bones. Exercise also elevates mood, offering drug-free relief for the feelings of depression that may accompany a cancer diagnosis. Finally, exercise helps control weight — a crucial factor, as studies have shown that gaining weight during and after treatment raises the risk of a cancer recurrence, particularly for breast, colon and prostate cancers.

