

# **Cancer News & Rx Exercise Charities Challenge Programs**

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*Here's more good news about Rx Exercise relative to cancer...*

## **Exercise and Cancer Risk Reduction**

There is significant research evidence of reduced risk of getting some cancers, like colon cancer, among regular walking or running exercisers.

Cancer risk reduction was found among those who:

1. Maintain an active lifestyle of healthful, near-daily exercise.
2. Maintain a well-balanced, healthful diet.

And, thereby...

3. Maintain a healthy weight as a result of energy balance.

We've also learned that obesity and overweight (positive energy imbalance) is one of the leading risk factors for many cancers of the breast, prostate and colon.

Obesity and overweight may be helpfully understood as the result of chronic positive energy imbalance.

Positive energy imbalance simply means more food energy consumed (usually measured as calories consumed) than food energy expended (usually measured as caloric energy expended in physical activity and basal metabolism).

What's been found to be ideally corrective for symptoms of overweight or obesity is negative energy imbalance, achieved by increased physical activity, relative to the energy consumed. That's an effective Rx Exercise (exercise prescription) for weight loss.

Once a healthful, cancer-risk-reducing body composition is achieved, then energy balance becomes the goal, but still includes healthful, happy physical activities.

In other words, an Rx Exercise continues to be vital for health, well being, and disease management beyond weight loss and achieving a healthful body composition.

## Exercise and Cancer Patients Quality of Life

There is now also growing evidence in recent years that an appropriate Rx Exercise can significantly improve the *quality of life* for many cancer patients.

An appropriate Rx Exercise is very valuable even while many cancer patients are going through their challenging cancer treatments: post-surgery, chemotherapy and radiation.

There are very serious, challenging side-effects of cancer surgeries, and especially chemo and radiation therapies, for which an appropriate Rx Exercise is an ideal therapy.

Serious ill side-effects of cancer therapies include adverse affects upon:

1. Muscle mass (muscle mass and strength is the basis of our basal metabolism, the strength for normal daily activities to work and play, the strength for balance, and more)
2. Bone density
3. Cardio-pulmonary function
4. Fatigue and Depression

*An appropriate Rx Exercise can help address all these cancer treatment challenges!*

Yet, few of us understand or appreciate the importance of an Rx Exercise in the lives of cancer patients.

Cancer patients just don't have many, if any, readily available, recognized and respected, cancer-patient-specific exercise leadership programs available to them.

Have you seen many, or any, "Cancer Rehabilitation and Rx Exercise Training Programs"?

Charities Challenge mission includes seeing "Cancer Rx Exercise" programs developed to help more cancer patients make a "comeback" from their challenging diagnosis and treatments.

## Charities Challenge – Challenge Cancer Programs & Annual Event

So, Charities Challenge created the 1st Annual Charities Challenge - Challenge\_Cancer 5k and 2.5k Walk By My Side event held on July 23rd at Como Lake in St Paul, MN. Learn more about this unique event at our CC web site. Next year's CC5k&2.5k will be on June 10, 2006, back at Como Lake.

What's unique about our Challenge Cancer events?

The primary goal of the Annual Charities Challenge - Challenge Cancer 5k and 2.5k Walk By My Side is to serve cancer patients, and their supportive family and friends, with Rx Exercise leadership, programs and opportunities.

We see how much better many cancer patients can handle their challenging cancer treatments when they're appropriately physically active. For most cancer patients, their Rx Exercise will involve easy walking and perhaps even mild to moderate resistance training.

And, the most hopeful benefits of their Rx Exercise walking and other exercises for cancer patients is when they have some others to "Walk By My Side", especially someone who has also been through such cancer therapies themselves.

We have among our CC Members some of our own "Lance Armstrongs", like CC Coach Jeanne DeMartino, to inspire us all by their cancer "comebacks" because of their Rx Exercise efforts.

Begin thinking about who you know who's been challenged by cancer, and invite them to come to next year's Challenge Cancer 5k and 2.5k Walk By My Side. And, until next June 10, invite them now to contact Charities Challenge for encouragement, Rx Exercise leadership, and someone who'll "Walk By My Side".

**"Until there's a cure, there's still a lot of living well to do." Challenge Cancer!**

**CC Mission: To improve health and fitness, reduce health risks, and enhance disease management via goal-oriented training programs.)**

(Coach Gary Westlund is the Founder/President of Charities Challenge, a 501(c)(3) non-profit. [www.CharitiesChallenge.org](http://www.CharitiesChallenge.org), has seen thousands of lives saved, improved, and celebrated by those happily filling their Rx Exercise.