

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

A close-up photograph of several ripe, red strawberries with green leaves, resting on a smooth, grey stone surface. The strawberries are in sharp focus, with some showing their characteristic seeds. The background is slightly blurred, showing more green foliage. Overlaid on the right side of the image is a white text box containing a Bible verse. The text is in a serif font, with the first part in all caps and the second part in title case. The verse is Psalm 34:8 from the NIV translation.

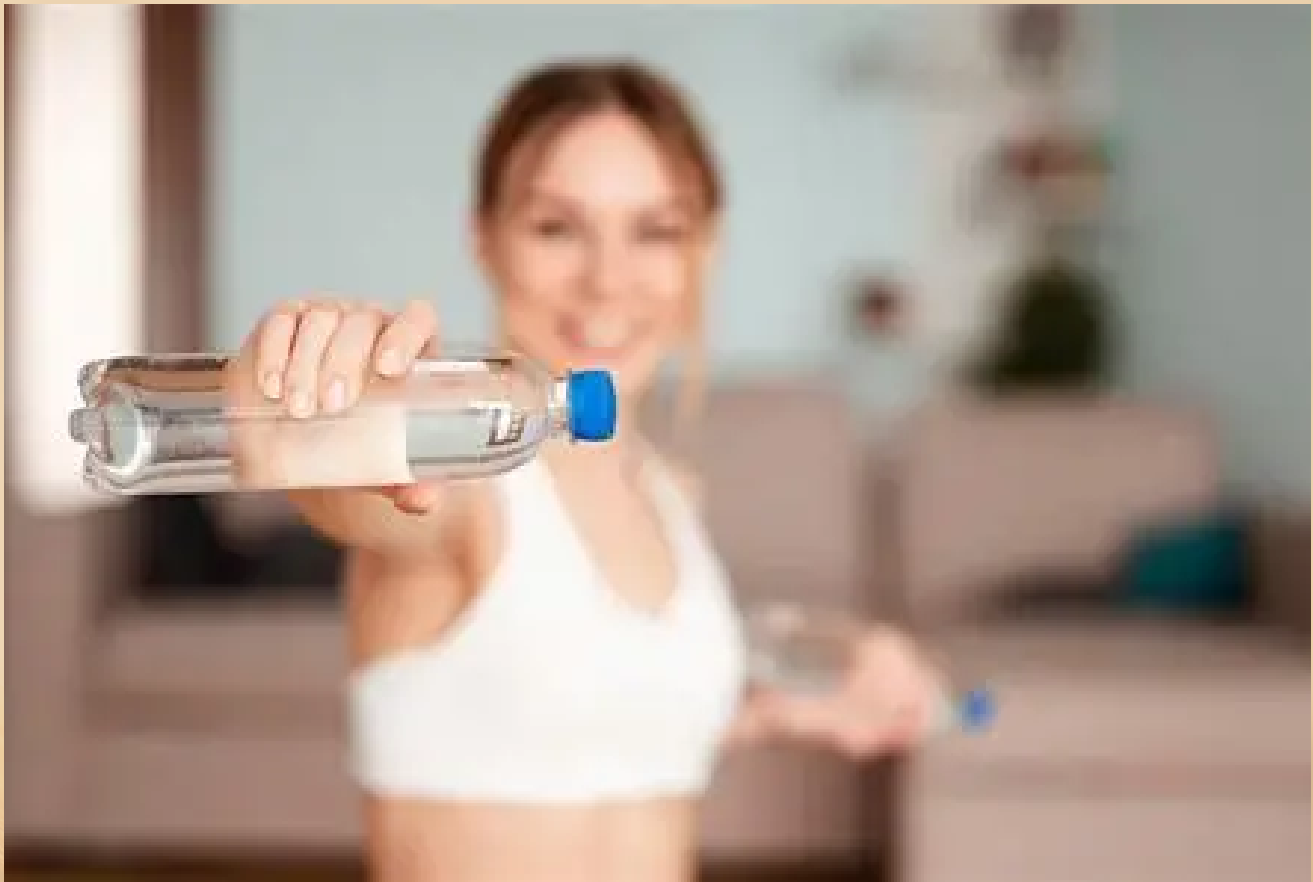
Taste and see
that the Lord
is good;
blessed
is the one
who takes
refuge
in Him. psalm 34:8 (NIV)

EMPOWERING WELLNESS, EVERY STEP OF THE WAY

SCRIPTURE *OF THE WEEK*

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WEEK 7



STRENGTH FROM WHAT YOU HAVE — HOUSEHOLD ITEMS AS FITNESS TOOLS

You don't need fancy equipment to build strength—you already have everything you need right at home! This week, we're proving that creativity is the key to consistency. With a little imagination, everyday household items can become your own personal gym. Think about the possibilities: soup cans that double as hand weights, a sturdy chair that transforms into your support for squats and dips, or a filled laundry detergent bottle that acts as a kettlebell for added resistance.

By using what's around you, you'll discover that staying strong doesn't require expensive gear or a trip to the gym—just resourcefulness and the determination to keep moving. These simple substitutions not only make strength training accessible, but they also remind us that fitness can fit into any lifestyle. Let's make the most of what we have and turn ordinary objects into extraordinary tools for progress!

HOUSEHOLD SUBSTITUTIONS YOU'LL LOVE:

Who says you need a gym? With a little creativity, everyday items can become your workout tools. From soup cans as dumbbells to a backpack as a weighted vest, these simple swaps make strength training easy anytime, anywhere.

SOUP CANS OR WATER BOTTLES = DUMBBELLS

BACKPACK FILLED WITH BOOKS = WEIGHTED VEST

TOWEL = RESISTANCE STRAP FOR STRETCHES

STURDY CHAIR = SUPPORT FOR SQUATS, DIPS, AND BALANCE

PAPER PLATES (ON CARPET) OR DISH TOWELS (ON TILE) = GLIDERS FOR CORE & LEGS

LAUNDRY DETERGENT JUG = KETTLEBELL SUBSTITUTE



EXERCISE

SUMMER OF STRENGTH

THIS WEEK'S **STRENGTH** GOALS

IDENTIFY 3 HOUSEHOLD ITEMS YOU CAN USE FOR STRENGTH TRAINING

Look around your home and get inventive—soup cans, water bottles, backpacks filled with books, or even a sturdy chair can become your new fitness tools. The goal is to find items that are safe, easy to grip, and provide enough resistance to challenge your muscles.

COMPLETE 2 FULL-BODY WORKOUTS USING THESE ITEMS

Use your chosen substitutes for classic moves like squats, presses, curls, and rows. For example, try a loaded backpack for squats or deadlifts, soup cans for shoulder presses, and a chair for tricep dips. Keep your form strong and focus on controlled movements for maximum benefit.

CREATE A SAFE WORKOUT SPACE IN YOUR HOME USING WHAT YOU ALREADY HAVE

Clear a clutter-free area where you can move freely, set up your household “equipment,” and make sure the floor is stable and non-slippery. Safety comes first—double-check that your items are sturdy and won't break or spill during your workout.

By turning your home into a personal gym, you'll learn that consistency isn't about fancy gear—it's about making the most of what you have and staying committed to your goals!



SAMPLE WORKOUT: “HOUSEHOLD POWER CIRCUIT”

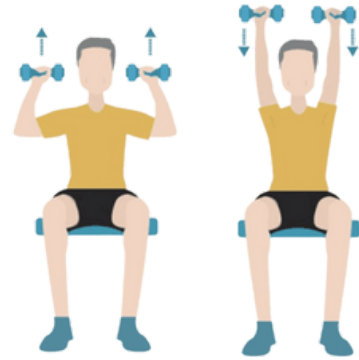
PERFORM EACH FOR **45 SECONDS**, REST 15 SECONDS. REPEAT 2–3 TIMES.

SOUP CAN SHOULDER PRESS (SEATED OR STANDING)

STRENGTHENS: SHOULDERS (FRONT DELTOIDS), CORE

Instructions:

1. Sit or stand tall, holding a soup can in each hand at shoulder height, palms forward.
2. Press both cans overhead until arms are fully extended.
3. Slowly lower to starting position.



BACKPACK DEADLIFT (REPLACES FRONT SQUAT)

STRENGTHENS: HAMSTRINGS, GLUTES, LOWER BACK, CORE

Instructions:

1. Fill a backpack with books for weight.
2. Stand with feet hip-width apart, backpack in front of thighs.
3. Keeping a flat back, hinge at the hips and lower the backpack toward your shins.
4. Squeeze glutes to return to standing.



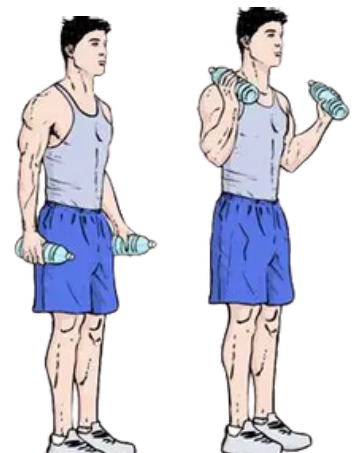
WATER BOTTLE BICEP CURL

(Seated or standing)

STRENGTHENS: BICEPS

Instructions:

- Sit or stand tall, holding a water bottle in each hand, palms facing in.
- Keep elbows close to your sides and curl bottles toward your shoulders.
- Lower slowly back to start.



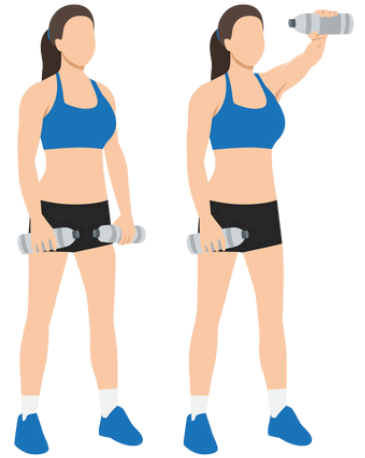
SAMPLE WORKOUT: “HOUSEHOLD POWER CIRCUIT”

WATER BOTTLE FRONT RAISES (SEATED OR STANDING)

STRENGTHENS: SHOULDERS (FRONT DELTOIDS), CORE

Instructions:

1. Hold a water bottle in each hand, arms down in front of thighs, palms facing your body.
2. Keeping arms straight (but not locked), lift bottles to shoulder height in front of you.
3. Slowly lower back down with control.



SEATED PLATE SLIDES

STRENGTHENS: CORE, HIP FLEXORS, INNER THIGHS

Instructions:

1. Sit tall on a sturdy chair with each foot on a paper plate.
2. Keep knees bent at 90° and feet lightly resting on the floor.
3. Slide your right foot forward as far as comfortable, then pull it back in.
4. Alternate legs, keeping your core engaged and posture tall.



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

NUTRITION

SUMMER OF STRENGTH



FUELING RECOVERY



A RAINBOW ON YOUR PLATE FOR ENERGY & HEALING

Your plate is your palette! This week, we're exploring the power of color in your meals. Each color in fruits and vegetables offers unique nutrients your body needs—like antioxidants, vitamins, and minerals that boost energy, support recovery, and protect your health. The more colors you add, the stronger and healthier you'll feel

RED: HEART HEALTH & CANCER PROTECTION.

Rich in lycopene and antioxidants that support circulation and reduce inflammation.
Examples: Tomatoes, strawberries, red peppers, watermelon.

ORANGE & YELLOW: EYE HEALTH, IMMUNE SUPPORT, & GLOWING SKIN.

Packed with beta-carotene and vitamin C for vision and immunity.
Examples: Carrots, sweet potatoes, oranges, bell peppers, mangoes.

GREEN: BONE STRENGTH, DETOX, & HEALTHY DIGESTION.

Loaded with vitamins K, C, folate, and fiber for strong bones and a clean system.
Examples: Spinach, kale, broccoli, zucchini, green beans.

BLUE & PURPLE: BRAIN HEALTH, MEMORY, & ANTI-AGING SUPPORT.

High in anthocyanins and antioxidants that protect the brain and cells from damage.
Examples: Blueberries, purple cabbage, eggplant, blackberries.

WHITE & BROWN: IMMUNITY, HEART HEALTH, & GUT SUPPORT.

Contain compounds like allicin and potassium to fight bacteria and regulate blood pressure.
Examples: Garlic, mushrooms, onions, cauliflower, bananas.



THIS WEEK'S **NUTRITION** GOALS

This week, we're putting the spotlight on nutrition that brightens your plate and strengthens your body! Adding a variety of colorful fruits and vegetables isn't just for looks—it's a proven way to boost your energy, support your immune system, and help your body heal. Each color represents a unique set of nutrients your body needs to function at its best.

Think of your meals like an artist's palette: the more colors you add, the more complete the masterpiece! Whether you're recovering, building strength, or just trying to feel your best, the "rainbow approach" is one of the simplest habits to elevate your health.

"YOUR DIET IS A BANK ACCOUNT. GOOD FOOD CHOICES ARE GOOD INVESTMENTS."



WHY THIS MATTERS

1. More Colors = More Nutrients. Each pigment offers different vitamins and antioxidants.
2. Better Energy & Recovery. Colorful foods fight inflammation and promote healing.
3. Fun and Simple. A rainbow plate makes healthy eating enjoyable and easy.

NUTRITION GOALS FOR THIS WEEK:

1. Include at least 5 different colors of fruits and vegetables each day.
2. Try one new produce item you don't usually eat.
3. Fill half your plate with colorful fruits and veggies at lunch and dinner.

Simple Challenge:

- Create one Rainbow Bowl this week!
- Base: Greens (spinach, lettuce, kale)
- Colors: Add roasted veggies or fresh favorites in every shade
- Protein: Beans, lentils, or tofu
- Finish: A drizzle of olive oil or light vinaigrette

SNACK IDEAS FOR EACH COLOR:

- Red: Apple slices with almond butter
- Orange: Carrot sticks with hummus
- Green: Cucumber rounds with lime and chili powder
- Blue: Blueberries with a sprinkle of walnuts
- White: Banana slices with cinnamon


A WORD OF ENCOURAGEMENT

“You’ve come so far—and Week 7 is a beautiful reminder that your healing isn’t just about what you avoid, but about what you choose to add. Every time you fill your plate with vibrant, nourishing foods, you’re giving your body the tools it needs to restore and thrive. Progress isn’t always dramatic, but it’s happening in those small, colorful choices that strengthen you from the inside out. Keep leaning into this journey. You’re becoming healthier, stronger, and more radiant every day. You’ve got this!”



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 **OUR**
PATHWAY TO WELLNESS
SETS US APART!

ONCOLOGY REHAB
LYMPHEDEMA THERAPY
PHYSICAL THERAPY
PERSONAL TRAINING



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



COMPLETE CANCER REHAB

Empowering patients on their CANCER & LYMPHEDEMA journey!

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