

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY


WEEK 8



UPGRADE YOUR TOOLKIT – SMART EQUIPMENT FOR LONG-TERM STRENGTH

Last week, we focused on creativity by using household items as workout tools—think water bottles, chairs, and soup cans. These items are perfect for getting started and staying consistent, especially when you don't have access to a gym. But as you build strength and progress through your fitness journey, your muscles need new challenges to keep improving.

That's where a small investment in home exercise equipment comes in. You don't need an entire home gym to see big results—just a few versatile, space-saving pieces can dramatically expand your workout options and keep things interesting. From adjustable dumbbells to resistance bands, these tools are affordable, portable, and effective. By adding one or two pieces at a time, you'll be building a home workout setup that works for you for years to come.



I trust in the Lord with all my heart;
and lean not unto my own understanding.
In all my ways I acknowledge Him, and
He shall direct my paths.

Proverbs 3:5-6

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SCRIPTURE *OF THE WEEK*

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BUILD YOUR STRENGTH KIT

Ready to take your home workouts to the next level?

Adding a few simple pieces of equipment can make your exercise routine more effective, safe, and enjoyable—especially during recovery from cancer or when managing lymphedema. These tools are affordable, space-friendly, and perfect for building strength and confidence at home.

LIGHT TO MEDIUM DUMBBELLS (1–10 LBS)

- **Why:** Great for gentle strength training, improving muscle tone, and supporting bone health after cancer treatment.
- **Tip:** Start light (1–3 lbs) and progress slowly to avoid strain and swelling.

RESISTANCE BANDS (LIGHT TENSION)

- **Why:** Provide a safe way to build strength without heavy weights. They're also easy on joints and adaptable for range-of-motion exercises.
- **Tip:** Choose bands with different resistance levels and use slow, controlled movements.

ANKLE OR WRIST WEIGHTS (1–3 LBS)

- **Why:** Ideal for adding light resistance to walking or arm exercises, especially when rebuilding endurance.
- **Tip:** Avoid heavy weights to prevent lymphedema flare-ups; start with 1 lb and monitor swelling.

STABILITY OR BALANCE BALL (55–65 CM)

- **Why:** Excellent for core stability, posture, and gentle stretching. Sitting on the ball can also engage muscles safely during upper body work.
- **Tip:** Always have a stable surface nearby for safety.

YOGA OR EXERCISE MAT

- **Why:** Provides comfort and safety for floor-based stretches, breathing exercises, and gentle strength moves.
- **Tip:** Look for a non-slip mat for extra stability during exercises.

EXERCISE

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THIS WEEK'S **STRENGTH** GOALS

INCORPORATE EQUIPMENT SAFELY

Begin using at least one new piece of home equipment (dumbbells, bands, or ankle weights) in 1–2 workouts this week.

FOCUS ON CONTROLLED MOVEMENTS

Perform slow, steady reps to maintain good form and reduce the risk of swelling or strain.

BUILD CONSISTENCY, NOT INTENSITY

Aim for 2–3 short strength sessions (10–20 minutes each), focusing on quality over quantity.

ENGAGE MAJOR MUSCLE GROUPS

Include upper body, lower body, and core exercises to promote overall strength and support lymph flow.

MONITOR YOUR BODY'S RESPONSE

Check for swelling or fatigue after sessions. Adjust resistance and reps to stay in your comfort zone.

“STRENGTH DOESN'T COME FROM WHAT YOU CAN DO. IT COMES FROM OVERCOMING THE THINGS YOU ONCE THOUGHT YOU COULDN'T.”

— RIKKI ROGERS



TRAINING CIRCUIT WEEK 8

THE UPGRADE CIRCUIT: SAFE STRENGTH TRAINING WITH NEW EQUIPMENT

Goal: 2–3 sessions this week | **Equipment:** Dumbbells + Resistance Bands

Format: Perform 1–2 sets of each exercise, 8–12 reps per set (or 30 seconds for band moves). Rest 30–60 seconds between exercises.

DUMBBELL SQUAT PRESS

STRENGTHENS: THIGHS, GLUTES, SHOULDERS, CORE

Instructions:

1. How to: Hold dumbbells at shoulder height. Lower into a squat, then push through your heels to stand and press the dumbbells overhead.
2. Sets/Reps: 1–2 sets | 8–10 reps
3. Safety Tip: Keep your chest lifted and core tight. Avoid holding your breath. Use light weights (1–5 lbs).

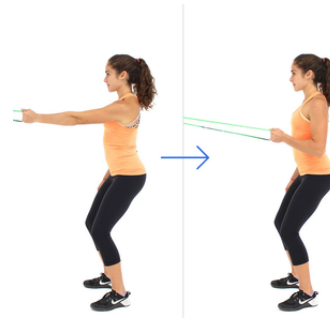


BAND ROWS

STRENGTHENS: SHOULDERS, UPPER BACK, MOBILITY

Instructions:

1. How to: Anchor band at chest height. Pull band toward your torso, squeezing shoulder blades together.
2. Sets/Reps: 1–2 sets | 10–12 reps
3. Safety Tip: Keep shoulders down and back, and avoid shrugging. Move slowly for better control.



DUMBBELL BICEP CURL + SHOULDER PRESS

STRENGTHENS: BICEPS, SHOULDERS, FOREARMS, CORE

Instructions:

1. How to: Curl dumbbells to shoulders, then press overhead. Lower slowly to start.
2. Sets/Reps: 1–2 sets | 8–10 reps
3. Safety Tip: Start with very light weights. If you feel shoulder strain or swelling, do only the bicep curl portion.



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BAND SIDE STEPS

STRENGTHENS: HIPS, OUTER THIGHS, GLUTES

Instructions:

1. How to: Place loop band above ankles, bend knees slightly, and step side-to-side while keeping tension in the band.
2. Sets/Reps: 1–2 sets | 30 seconds each direction
3. Safety Tip: Stay in a small squat and avoid letting knees cave inward.



DUMBBELL DEADLIFTS

STRENGTHENS: HAMSTRINGS, GLUTES, LOWER BACK, CORE

Instructions:

1. How to: Hold dumbbells in front of thighs. Hinge forward at hips with a straight back, return to standing.
2. Sets/Reps: 1–2 sets | 8–10 reps
3. Safety Tip: Keep your back flat, and avoid rounding. Use light weights to protect lower back and avoid fatigue.



SEATED MARCH ON BALL

STRENGTHENS: LEGS & CORE

Instructions:

1. How: Sit on the ball with feet flat on the floor, hands on hips or behind head. Lift one knee, then lower and switch legs in a marching motion.
2. Sets/Reps: 1–2 sets | 20–30 seconds
3. Targets: Core, Hips, Lower Back (stability)
4. Safety Tip: Keep feet close to the floor for balance; use a wall behind you if needed.



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

NUTRITION

SUMMER OF STRENGTH



THE
SECRET
INGREDIENT
IS
ALWAYS

Love

YOUR KITCHEN IS THE CONTROL CENTER OF YOUR HEALTH.

When it's stocked with nourishing foods and free from tempting, low-nutrient options, making healthy choices becomes effortless. Just like setting up your home gym for success, creating a supportive kitchen environment ensures you have the tools you need to fuel your body, recover well, and stay strong every day.

KEEP HEALTHY STAPLES VISIBLE

Place fruits, nuts, and water where you can see them. When healthy choices are easy to grab, you're more likely to stick with them.

STOCK UP ON WHOLE FOODS

Fill your pantry with basics like beans, oats, whole grains, and frozen veggies. These simple staples make building balanced meals quick and stress-free.

PORTION SNACKS AHEAD OF TIME

Divide nuts, seeds, or dried fruit into small containers or bags. This helps with portion control and prevents overeating.

LIMIT TRIGGER FOODS

Reduce or remove highly processed snacks and sugary drinks. If it's not in your kitchen, you won't be tempted.



✓ PANTRY STAPLES FOR STRENGTH & HEALING

1. Beans & Lentils (Canned or Dry)

Packed with plant-based protein and fiber to keep you strong and energized.

2. Oats

Great for breakfast or snacks, providing steady energy and helping with digestion.

3. Nut Butters (Peanut, Almond, or Sunflower)

Healthy fats and protein for quick snacks or smoothie boosts.

4. Whole Grains (Quinoa, Brown Rice, Barley)

A base for balanced meals with lasting energy.

5. Canned Salmon or Tuna (for those not vegan)

Protein and omega-3 fats to fight inflammation and support healing.

6. Olive Oil & Avocado Oil

Heart-healthy fats for cooking or drizzling over veggies.

7. Frozen Vegetables & Fruits

Easy to use, nutrient-rich, and perfect for quick meals or smoothies.



THIS WEEK'S NUTRITION GOALS

Stock Up: Choose 3 items from the list to add to your kitchen this week.

Plan Ahead: Use these staples to make at least one balanced meal or snack per day.

Stay Hydrated: Pair your meals with water or an unsweetened beverage to support lymphatic flow.

"PLAN WHAT TO DO & DO WHAT YOU PLAN"


EMPOWERING WELLNESS, EVERY STEP OF THE WAY

A WORD OF ENCOURAGEMENT

“You’ve already shown that strength starts with resourcefulness—using what you had in Week 7. Now you’re taking the next step by investing in tools and habits that will carry you even further. Remember, progress doesn’t happen overnight, but every small choice adds up. Keep going—you are building strength, health, and confidence one day at a time!”

**“EMBRACE THE JOURNEY, NOT
JUST THE DESTINATION.”**

EMPOWERING WELLNESS, EVERY STEP OF THE WAY

 **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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