

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



A wooden boardwalk made of weathered planks leads from the bottom of the frame towards the horizon. The sky is a vibrant, clear blue with a few wispy clouds. The boardwalk is flanked by wooden railings, and some greenery is visible on the left side. The overall scene is bright and sunny, suggesting a coastal or park setting.

## COMPLETE CANCER REHAB

# WEEK 9

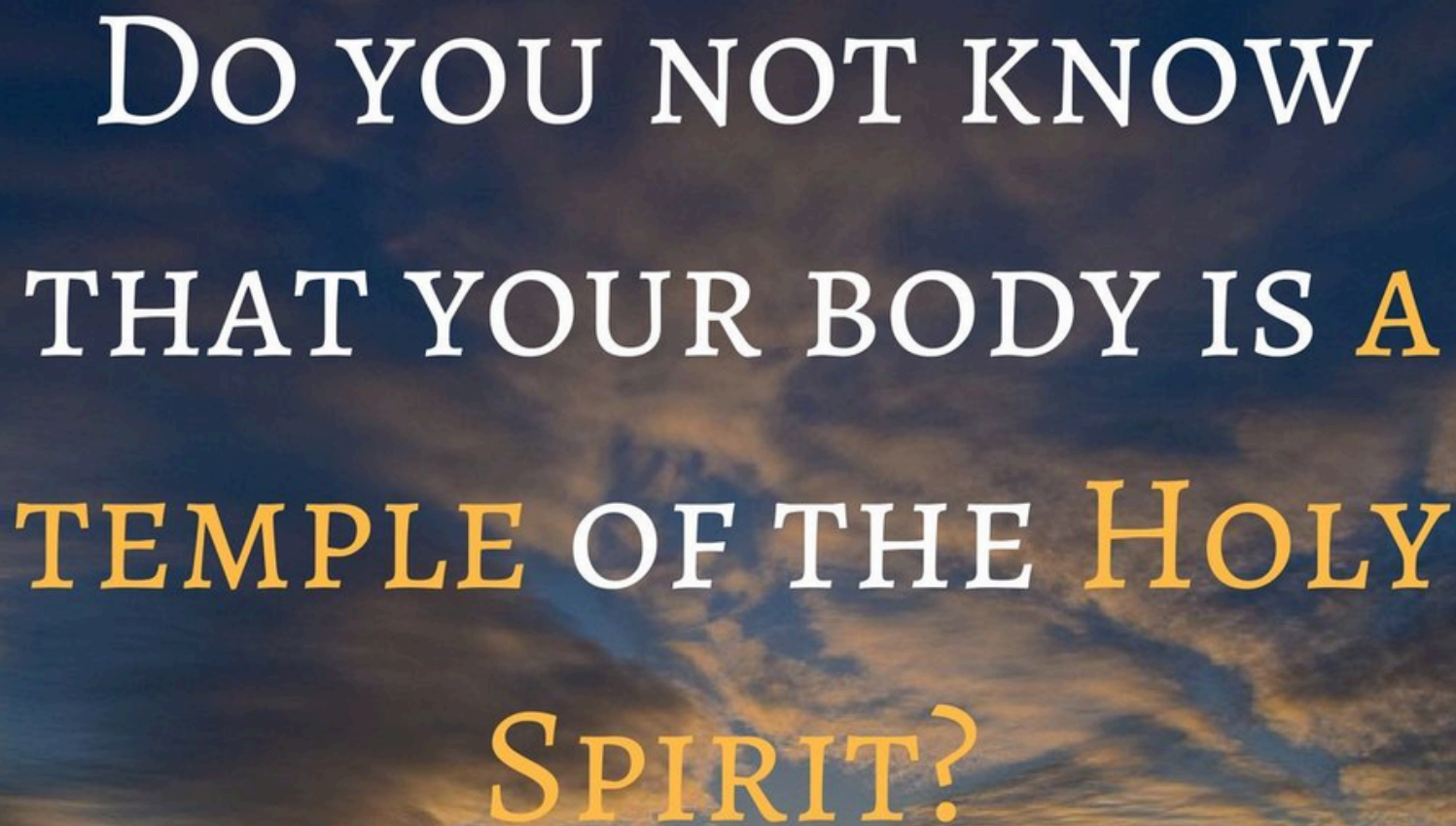
### BOOST YOUR HEART – THE POWER OF CARDIO FOR ENERGY AND ENDURANCE

Over the last two weeks, we turned our attention to household goods and light equipment—using everyday items like soup cans, towels, and resistance bands to build functional strength at home. These tools help us stay consistent, creative, and strong, especially when space or energy is limited.

But there's another kind of strength that deserves the spotlight: cardiovascular fitness. Whether you're recovering from treatment, managing fatigue, or rebuilding stamina, your heart and lungs need just as much attention as your muscles.

That's where cardio comes in. And no, it doesn't have to mean long, exhausting workouts or pounding the pavement. Cardio can be gentle, energizing, and even fun. From seated marches and chair dancing to neighborhood walks and short dance breaks, cardio builds endurance, supports heart health, improves circulation, and lifts your mood. This week, we'll explore simple, approachable ways to bring more movement into your routine—and unlock the energy that's already inside you.





DO YOU NOT KNOW  
THAT YOUR BODY IS A  
TEMPLE OF THE HOLY  
SPIRIT?

1 CORINTHIANS 6:19

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SCRIPTURE  
*OF THE WEEK*

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## **5 REASONS CARDIO SUPPORTS CANCER & LYMPHEDEMA RECOVERY**

### **IMPROVES ENERGY AND REDUCES FATIGUE**

Even short bouts of low- to moderate-intensity cardio can significantly reduce cancer-related fatigue. Movement helps deliver more oxygen and nutrients to your cells, boosting stamina and reducing that heavy, sluggish feeling.

### **ENHANCES CIRCULATION AND LYMPH FLOW**

Cardio encourages deeper breathing and rhythmic muscle movement, both of which help stimulate lymphatic flow. This is especially helpful for managing lymphedema by reducing fluid buildup and supporting natural drainage.

### **SUPPORTS MENTAL AND EMOTIONAL HEALTH**

Aerobic exercise releases feel-good endorphins, helps reduce anxiety and depression, and improves sleep. For those recovering from cancer, movement can also restore a sense of control and confidence.

### **PROMOTES HEART AND LUNG HEALTH**

Cancer treatments can sometimes impact cardiovascular and respiratory function. Regular cardio gently strengthens your heart and lungs, improving oxygen uptake, heart rate recovery, and overall endurance.

### **HELPS REGULATE WEIGHT AND BLOOD SUGAR**

Maintaining a healthy weight can reduce recurrence risk in some cancers and support immune function. Cardio plays a key role in burning calories, balancing insulin levels, and supporting a healthy metabolism—without requiring intense effort.



# EXERCISE

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## THIS WEEK'S **STRENGTH** GOALS

### **COMPLETE 2 FULL-BODY STRENGTH SESSIONS**

Focus on major muscle groups using resistance bands, light weights, or household items. Keep it gentle but consistent.

### **HOLD A CORE ACTIVATION MOVE FOR 30–60 SECONDS DAILY**

Try a seated abdominal squeeze, wall push, or gentle bridge to reconnect with your center.

### **INCORPORATE 1 LOWER BODY FOCUS**

Do a round of sit-to-stands, leg extensions, or step-ups to keep legs strong and support your walking or cardio efforts.

### **STRETCH AFTER EVERY WORKOUT**

Use slow, controlled stretching to help with recovery, flexibility, and circulation. Target areas you used most—especially calves, shoulders, and chest.

**“YOUR HEART IS NOT JUST A MUSCLE. IT’S YOUR RHYTHM, YOUR PULSE, YOUR FUEL. EVERY BEAT IS A SIGN YOU’RE STILL IN THE FIGHT—AND WINNING.”**





# TRAINING CIRCUIT WEEK 8

## SUMMER OF STRENGTH – WEEK 9: THE POWER OF CARDIO

### MOVE WITH HEART

#### Mini Cardio Circuit (15–20 Minutes, Seated or Standing Options)

Repeat 2–3 rounds at your pace:

#### MARCH IN PLACE (1 MINUTE)

**Instructions:**

Stand or sit tall. Lift one knee, then the other, like you're marching. Swing your arms gently for added movement.

➡ Keep a steady rhythm and breathe naturally.

#### ARM PUNCHES FORWARD (1 MIN)

**Instructions:**

Sit or stand with feet shoulder-width apart. Punch one arm straight out in front of you, then switch.

➡ Alternate punches at a smooth pace. Keep core gently engaged.

#### STEP TAP SIDE TO SIDE (1 MIN)

**Instructions:**

From standing or seated, step one foot out to the side, then back to center. Alternate sides. Add arm swings or claps for more movement.

➡ Keep it gentle—just enough to feel your body move.

#### SEATED JUMPING JACKS OR LOW-IMPACT STANDING JACKS (1 MIN)

**Instructions:**

- **Seated version:** Sit tall and open arms and legs wide like a jumping jack, then return to center.
- **Standing version:** Step one foot out as arms raise overhead, then return. Alternate sides.

➡ Go slow and stay in control—this is about circulation, not speed.



# NUTRITION

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## NUTRITION FOCUS: BALANCE OVER PERFECTION

In a strong, healthy lifestyle, balance is the goal—not perfection. Just like your workouts need rest and variety, your eating habits should leave room for both nourishment and enjoyment.

Many people feel guilt around food, especially when they're recovering from illness or trying to rebuild their strength. But the truth is: **planned “cheat meals” aren't cheating—they're part of a smart plan.**

- A balanced approach allows room for flexibility.
- Planned indulgences can prevent bingeing and burnout.
- Enjoying your favorite foods guilt-free can improve your relationship with eating and support emotional well-being.

**Think of your nutrition like your cardio: it's about consistency over time, not one perfect day.**





## **5 SMART TIPS FOR PLANNING CHEAT MEALS WITHOUT DERAILING PROGRESS**

### **SCHEDULE IT, DON'T WING IT**

Choose your cheat meal in advance—a weekend dinner, a special outing, or a specific day. This gives you something to look forward to and helps you stay on track the rest of the week.

### **MAKE IT A MEAL, NOT A DAY**

One planned indulgent meal won't sabotage your progress—but an entire day of unplanned eating might. Enjoy your treat, then return to your healthy routine right after.

### **EAT MINDFULLY AND GUILT-FREE**

Slow down and savor every bite. The goal is enjoyment, not overdoing it. Guilt can lead to shame or bingeing, so practice kindness toward yourself.

### **BALANCE IT WITH MOVEMENT AND HYDRATION**

Plan a light walk before or after, or make sure your day includes some gentle cardio. Drink plenty of water before and after your cheat meal to support digestion and reduce bloating.

### **CHOOSE FOODS YOU TRULY LOVE**

Don't waste your cheat meal on “meh” food. Pick something worth it—your favorite pizza, a rich dessert, or a comforting family recipe. Make it satisfying both emotionally and physically.





## THIS WEEK'S **NUTRITION** GOALS

- Eat a variety of colorful fruits and veggies to support heart health
- Include a protein source with each meal to support muscle recovery
- Plan one meal or treat this week just for joy—savor it, celebrate it, and move on
- Stay hydrated to support lymph flow and energy levels

**“FOOD IS FUEL, AND IT’S ALSO CELEBRATION. ENJOY BOTH.”**



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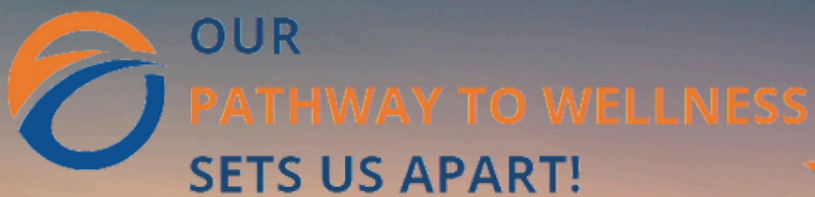
## A WORD OF ENCOURAGEMENT

Your heart has been through a lot—and it's still beating strong. Every time you move, even just a little, you're reminding your body that healing is still happening, and hope is still alive. Cardio isn't about pushing harder—it's about showing up, catching your breath, and finding your rhythm again. Some days that rhythm feels like a dance, and some days it's just a gentle sway—and both are worthy.

**This week, give yourself credit for every step, every choice, every moment you say, "I'm still moving forward." Because you are—and that's powerful.**



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ONCOLOGY REHAB  
LYMPHEDEMA THERAPY  
PHYSICAL THERAPY  
PERSONAL TRAINING





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**COMPLETE CANCER REHAB**

**Empowering patients on their CANCER & LYMPHEDEMA journey!**

**[WWW.COMPLETECANCERREHAB.COM](http://WWW.COMPLETECANCERREHAB.COM)**

**8089 South Lincoln Street, Suite 207, Littleton, CO 80122**

**PHONE: 970-306-7434 FAX: 303-697-6426**

**EMAIL: [admin@completecancerrehab.com](mailto:admin@completecancerrehab.com)**

