

SUMMER OF STRENGTH



COMPLETE CANCER REHAB

EMPOWERING WELLNESS, EVERY STEP OF THE WAY





## STRENGTH FOR LIFE

“Over the past 11 weeks, you’ve built more than just strength in your muscles. You’ve built strength in your confidence, in your energy, in your spirit. This week isn’t the end—it’s the beginning of your next chapter.

Think about where you started and look at where you are now. You’ve shown up, you’ve put in the work, and you’ve proven that you can do hard things. That consistency is your real secret weapon.

Remember—strength isn’t only about lifting or moving. It’s about resilience. It’s about having the energy to do the things you love. It’s about knowing that when challenges come your way, you are equipped to keep going.

As we close out Summer of Strength, take everything you’ve learned—the exercises, the mindset, the habit of showing up—and weave them into your everyday life. Let this not just be a summer program, but the foundation for a stronger, healthier, and more confident you.

You are capable. You are resilient. You are stronger than you think. And your strength—your strength—is for life.”





*Be strong*  
and courageous.

JOSHUA 1:9





## **4 STRONG REASONS TO NEVER STOP TAKING CARE OF YOUR HEALTH:**

### **ENERGY FOR EVERYDAY LIFE**

Good health keeps you strong, alert, and able to enjoy daily activities without constant fatigue.

### **QUALITY OF LIFE**

Taking care of your body means fewer aches, faster recovery, and more freedom to do what you love.

### **LONGEVITY & INDEPENDENCE**

Healthy habits increase your chances of living longer and staying independent as you age.

### **RIPPLE EFFECT**

When you care for your health, you inspire family, friends, and even future generations to do the same.



A woman with long dark hair, wearing a grey t-shirt and black shorts, is captured in a dynamic pose, stretching her right leg forward. She is wearing bright blue sneakers with yellow laces. The background is a soft-focus view of a road and distant hills under a warm, golden sunset sky. The overall mood is one of health, vitality, and summer activity.

# EXERCISE

SUMMER OF STRENGTH







## **WELCOME TO THE FINAL WEEK OF SUMMER OF STRENGTH!**

This is a week of celebration, reflection, and planning for the future. Over the past 11 weeks, you've shown dedication, perseverance, and heart. You've built strength, endurance, and confidence—and now it's time to take everything you've learned and put it into action in a meaningful, lasting way.

This week's action items are designed to guide you through three key steps: movement, planning, and reflection. Each day has a unique focus, but together they form a roadmap for carrying your strength forward into everyday life.



### MONDAY

#### Graduation Workout

**Focus:** Celebrate Your Strength

**What to Do:**

Move through a full-body circuit revisiting the exercises you've mastered this summer. Complete 2–3 rounds, focusing on form, control, and breathing. Feel the power in your movements and honor your consistency.

**Why:**

This is your victory lap. It's a chance to feel your progress, celebrate your effort, and enjoy the strength you've built.

### WEDNESDAY

#### YOUR STRENGTH BLUEPRINT

**Focus:** Plan Your Future Workouts

**What to Do:**

- Write down 6–8 exercises you love and feel strong doing.
- Organize them into Upper Body, Lower Body, Core, and Cardio categories.
- Design a weekly routine you can realistically follow beyond this program.

**Why:**

You now have the tools and knowledge to create your own workouts. This is your roadmap for continued success, helping you maintain strength, energy, and resilience year-round.

### FRIDAY

#### REFLECTION & CELEBRATION

**Focus:** Look Back, Celebrate, and Look Ahead

**What to Do:**

- Reflect on the past 12 weeks: What improvements do you see in your strength, balance, energy, or mindset?
- Identify habits, exercises, or routines you want to carry forward.
- Celebrate your victories—big and small—and set an intention for the next chapter of your strength journey.

**Why:**

Reflection solidifies progress. By acknowledging your accomplishments, you reinforce the confidence and resilience you've built—and set yourself up for future success.





# NUTRITION

SUMMER OF STRENGTH

EMPOWERING WELLNESS, EVERY STEP OF THE WAY





## NUTRITION FOR LIFE

As you finish Summer of Strength, it's important to recognize that the way you fuel your body is just as vital as the way you move it. Over the past 12 weeks, you've worked hard to build strength, endurance, balance, and confidence. Nutrition has played a quiet but essential role in supporting every rep, every set, and every step along the way.

Nutrition is not about restriction, dieting, or perfection. It's about nourishing your body, supporting your energy, and creating habits that last a lifetime. Just as strength training isn't about doing one perfect workout, nutrition isn't about one perfect meal—it's about what you do consistently, day after day.

**“SMALL, SIMPLE CHOICES ADD UP TO BIG HEALTH OVER TIME.”**

**EMPOWERING WELLNESS, EVERY STEP OF THE WAY**





## **HERE ARE THE CORE PRINCIPLES TO CARRY FORWARD:**

### **CONSISTENCY OVER PERFECTION**

Focus on making good choices most of the time. One indulgence does not undo your progress. One healthy meal doesn't make you perfect—but every small, thoughtful choice adds up over time.

### **FUEL YOUR STRENGTH**

The foods you eat are the building blocks for your muscles, bones, and energy. Proteins like beans, lentils, tofu, nuts, and seeds help repair and strengthen your muscles. Pair them with complex carbohydrates like whole grains, oats, quinoa, and fiber-rich vegetables to provide sustained energy for your workouts and daily activities.

### **HYDRATION IS KEY**

Water is essential for every process in your body—from digestion to muscle recovery to brain function. Make hydration a habit. Carry a water bottle, sip consistently throughout the day, and notice the difference in your energy and focus.

### **COLOR AND VARIETY**

A vibrant plate is a nutrient-dense plate. Fruits and vegetables provide the vitamins, minerals, antioxidants, and fiber that your body needs to function at its best. The more variety you eat, the more comprehensive the nutrition you're giving your body.

### **MINDFUL EATING**

Pay attention to your hunger cues. Eat slowly and savor your meals. Mindful eating helps you connect with your body, enjoy your food more, and avoid overeating. Remember: food is not just fuel—it's nourishment and joy.

### **PLAN AND PREPARE**

Just as you planned your workouts, planning your meals and snacks helps you stay consistent. Meal prep, grocery lists, and simple recipes are tools to make healthy eating sustainable.

### **ENJOY YOUR JOURNEY**

Nutrition is a lifelong journey, not a sprint. Be patient with yourself. Celebrate successes. Learn from missteps. And most importantly, make choices that support long-term health, strength, and vitality.





## **SAMPLE DAILY MEAL PLAN**

### **BREAKFAST:**

Overnight oats with almond milk, chia seeds, and fresh berries  
1-2 walnuts for healthy fats

### **SNACK:**

Apple slices with 1-2 tbsp nut butter

### **LUNCH:**

Quinoa salad with chickpeas, cucumbers, tomatoes, spinach, olive oil, and lemon dressing

### **SNACK:**

Carrot sticks or bell peppers with hummus

### **DINNER:**

Lentil and vegetable stir-fry with brown rice or whole-grain pasta  
Steamed greens on the side

### **HYDRATION TIP:**

Keep a water bottle nearby and sip consistently. Add lemon or cucumber for flavor.





## **Weekly Nutrition Checklist**

**Use this checklist to keep yourself on track:**

- ✓ Fill at least half your plate with vegetables at lunch and dinner**
- ✓ Include a protein source at every meal**
- ✓ Drink 6–8 cups of water per day**
- ✓ Incorporate a variety of fruits and vegetables throughout the week**
- ✓ Plan and prep at least 1–2 meals ahead of time**
- ✓ Enjoy meals mindfully, without rushing**
- ✓ Include a healthy fat source daily (nuts, seeds, avocado, olive oil)**





## **CLOSING THOUGHTS - CARRYING STRENGTH FORWARD**


Congratulations! You've completed Summer of Strength, and what an incredible journey it has been. Over the past 11 weeks, you've built not only physical strength, but also confidence, resilience, and a foundation for lifelong health. Thank you for allowing us to be a part of your summer and for letting us support you every step of the way.

As you move forward, remember that your progress doesn't end here. Be flexible with yourself, and allow life's changes without losing your commitment to strength. Track your progress, celebrate small victories, and continue to pair consistent movement with mindful nutrition. Plan and prep meals, focus on balance, include protein, healthy fats, and plenty of colorful fruits and vegetables, and stay hydrated. Most importantly, enjoy the process and savor the habits you've created.

Your strength, energy, and resilience are yours to keep—carry them forward, live boldly, and continue to honor the healthy, strong person you've become.



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!**

**[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)**

