

# SUMMER OF STRENGTH

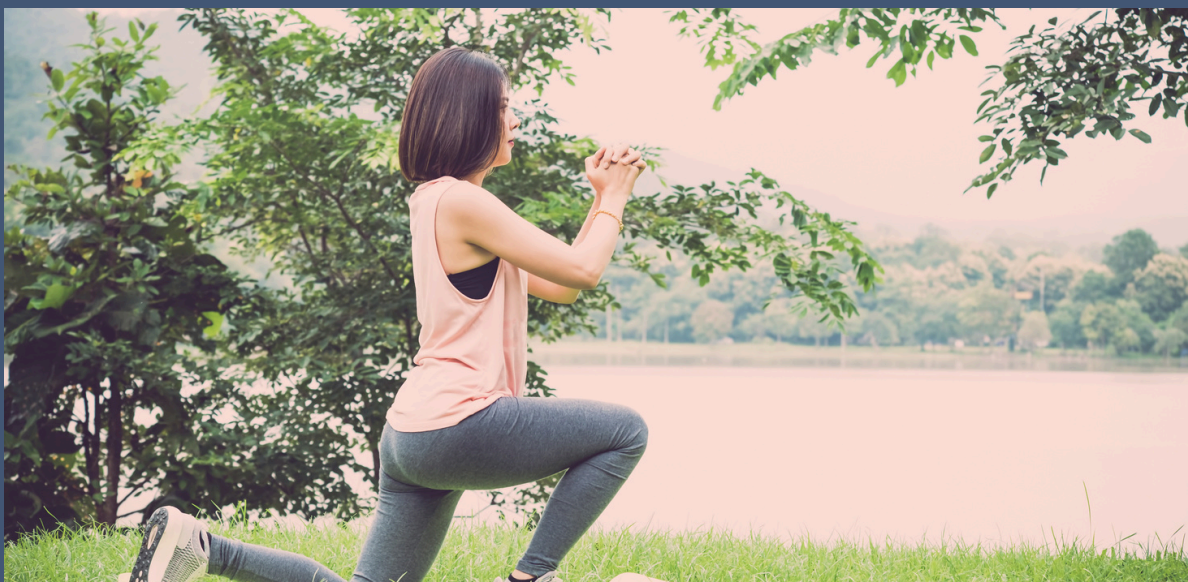


EMPOWERING WELLNESS, EVERY STEP OF THE WAY

# WEEK 3

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## COMPLETE CANCER REHAB



### SUMMER OF STRENGTH: WEEK 3 – SUPPORT FROM THE GROUND UP

#### WELCOME TO WEEK THREE

You've taken time to reconnect with your body, your breath, and your core. Now, it's time to give attention to what supports you every single day — your legs. Strong legs don't just help you walk — they help you stand with confidence, reduce joint strain, improve circulation, and prevent falls. For those healing from cancer or managing lymphedema, building lower-body strength can also support better fluid movement, balance, and independence.

The key isn't how heavy you lift — it's how consistently you move. Whether you're seated or standing, every time you activate your legs, you're increasing your power and your potential.

Let this week remind you: you are supported from the ground up.

## "WHEN THE SPARK FADES, LET PURPOSE LEAD"

Once the newness of a fitness program wears off—and it will—it's completely normal to feel your initial excitement fade. The fresh energy that came with starting something new can give way to routine, soreness, or even boredom. That's when it becomes more important than ever to pause and remember why you began. Maybe it was to feel stronger, have more energy, manage stress, or take back control of your health. Whatever your "why" is, hold on to it. Reconnect with it often.

Fitness progress isn't always flashy or fast. It's built in quiet moments of consistency—choosing to move when it's easier to quit, showing up for yourself even on the hard days. Keep going, not because it's always fun, but because your future self is worth it. The transformation doesn't just happen in your body—it happens in your mindset, your resilience, and your belief that you can do hard things.

**"SUCCESS DOESN'T COME FROM WHAT YOU DO OCCASIONALLY, IT  
COMES FROM WHAT YOU DO CONSISTENTLY."  
— MARIE FORLEO**

EMPOWERING WELLNESS, EVERY STEP OF THE WAY



EXERCISE

SUMMER OF STRENGTH

# STRONG LEGS, STEADY FOUNDATION

Our legs are the foundation of almost everything you do — from standing tall to walking across a room to simply feeling stable and confident. In cancer recovery or while managing lymphedema, lower body strength can help improve circulation, reduce the risk of falls, and increase your independence.

This week's circuit focuses on activating and strengthening your hips, thighs, and calves — all with low-impact, beginner-friendly movements. Whether you're seated, using support, or feeling strong enough to stand unassisted, every movement matters.

Think of these exercises as laying bricks — each rep adds to the foundation you're rebuilding.

**"THE FOUNDATION YOU BUILD TODAY WILL SUPPORT  
EVERY STEP YOU TAKE TOMORROW."**





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

### **COMPLETE THE WEEK 3 STRENGTH CIRCUIT 2–3 TIMES THIS WEEK**

- One round is great. Two rounds is bonus.
- Seated or standing — both are beneficial.

### **FOCUS ON CONTROLLED MOVEMENT AND GOOD POSTURE**

- Try not to rush through.
- Engage your core and press through your heels when standing.

### **PRACTICE ONE LEG MOVEMENT DAILY**

- Even just 10 seated heel lifts while brushing your teeth builds strength over time.

### **COMBINE WITH WEEK 1 OR WEEK 2 (IF YOU'RE READY)**

- If your body feels strong, try one leg exercise after a core or upper body move.

### **TRACK ONE SMALL IMPROVEMENT**

- Maybe you stood up easier, balanced longer, or felt less fatigue — celebrate that!



## RESISTANCE TRAINING WEEK 3

This week, we're focusing on your legs — your body's foundation. Strong legs help you move with confidence, support balance, and improve circulation, especially during recovery or while managing lymphedema.

These low-impact movements are designed to activate your lower body safely and effectively — whether you're seated, standing, or somewhere in between. Don't worry about how many reps you do — just focus on consistent effort and controlled movement.

As strength builds, this lower-body routine can be added to Weeks 1 and 2 for a complete full-body circuit and you can add additional weight for a more intense workout.

Listen to your body, rest when needed, and remember — strong foundations are built one step at a time.

### CIRCUIT INSTRUCTIONS:

REST **30–60 SECONDS** BETWEEN EXERCISES.

REPEAT THE FULL CIRCUIT ONE TO TWO MORE IF YOU FEEL GOOD

DRINK WATER

STAY ENCOURAGED


# TRAINING CIRCUIT WEEK 3

**TIP: PERFORM EACH MOVE SLOWLY AND WITH CONTROL. DO 1-2 ROUNDS, 2-3 TIMES THIS WEEK.**

## LEG EXTENSIONS

**STRENGTHENS: QUADS (FRONT OF THIGH), IMPROVES KNEE STABILITY**

**Instructions:**

1. Sit tall with feet flat. Slowly straighten one leg until fully extended, pause, then lower.
-  Do 8-10 reps per leg




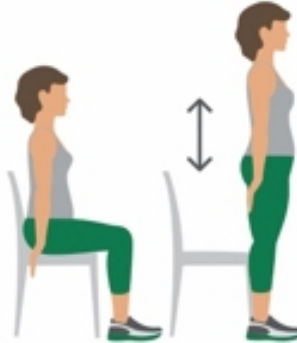
## SIT-TO-STANDS

**STRENGTHENS: GLUTES, THIGHS, HIPS**

**Instructions:**

1. From a seated position, stand up using your legs (not your arms), then slowly sit back down.
2. If needed, place hands lightly on thighs for support or use a higher chair.


-  Do 8-10 reps (or as many as you're able)

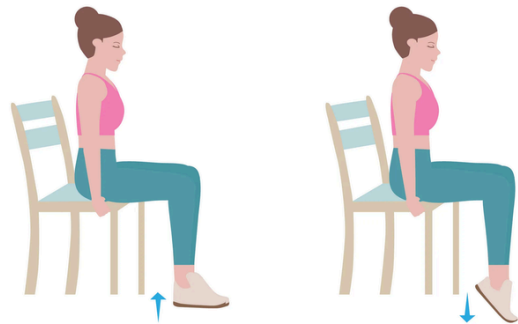


## HEEL RAISES

**STRENGTHENS: CALVES, IMPROVES CIRCULATION**

**Instructions:**


- Sit or stand with feet hip-width apart. Lift heels off the floor, pause, then lower slowly.
-  Do 10-12 reps

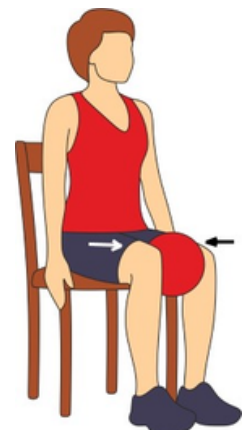


## LEG SQUEEZES (ADDUCTORS)

**STRENGTHENS: INNER THIGHS, PELVIC FLOOR**

**Instructions:**

1. Sit upright with a soft ball, pillow, or folded towel between your knees.
  2. Gently squeeze your knees together, hold for 3 seconds, then release.
- 3.  Do 10-12 reps



# FULL CIRCUIT (WEEK 1)

**TIP: PERFORM EACH MOVE SLOWLY AND WITH CONTROL. DO 1-2 ROUNDS, 2-3 TIMES THIS WEEK.**

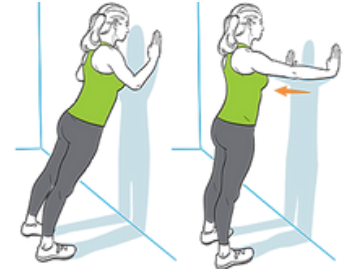
## WALL PUSH-UPS

**STRENGTHENS:** CHEST, SHOULDERS, ARMS

**INSTRUCTIONS:**

1. Stand facing a wall with feet hip-width apart.
2. Place your hands on the wall at shoulder height, slightly wider than your shoulders.
3. Slowly bend your elbows to lean your body toward the wall.
4. Push back to the starting position.

✓ **Do 10-12 reps**



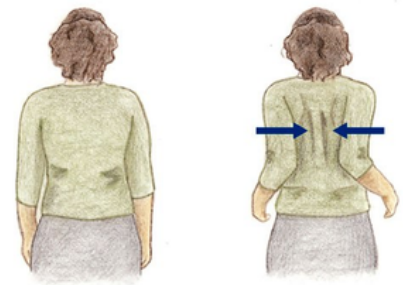
## SHOULDER SQUEEZES

**STRENGTHENS:** UPPER BACK, POSTURE MUSCLES

**Instructions:**

1. Sit or stand tall with arms at your sides.
2. Pull your shoulders back and squeeze your shoulder blades together.
3. Hold for 2-3 seconds, then release.

✓ **Do 10-12 reps**



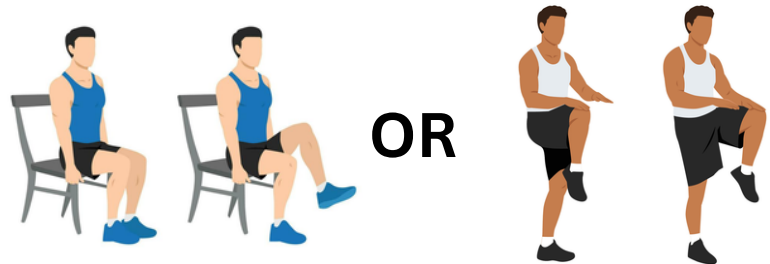
## KNEE LIFTS

**STRENGTHENS:** CORE, HIPS, THIGHS

**Instructions:**

Sit tall in a chair (or stand with support nearby).  
Lift one knee toward your chest without leaning.  
Lower with control and switch legs.

✓ **Do 10 reps per leg**



## SIT TO STANDS

(OR MINI SQUATS IF STANDING)

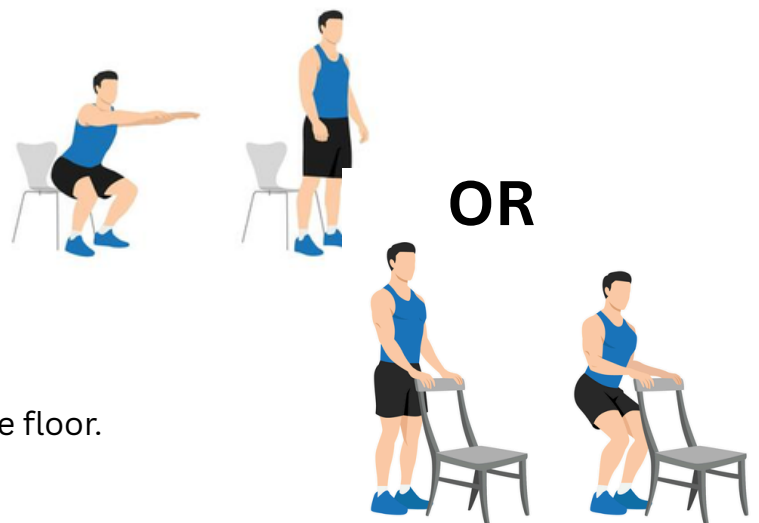
**STRENGTHENS:** LEGS, GLUTES, BALANCE

**Instructions:**

1. Start seated on a firm chair with feet flat on the floor.
2. Push through your heels and stand up tall.
3. Slowly lower back down to a seated position.

✓ **Do 8-10 reps**

🔄 If needed, use your hands on your thighs for support.



# FULL CIRCUIT (WEEK 2)

**TIP: PERFORM EACH MOVE SLOWLY AND WITH CONTROL. DO 1-2 ROUNDS, 2-3 TIMES THIS WEEK.**

## SEATED HEEL SLIDES

**STRENGTHENS:** LOWER ABDOMINALS, HIP MOBILITY, CORE ENGAGEMENT

**INSTRUCTIONS:**

1. Sit tall in a sturdy chair, feet flat on the floor
2. Slowly slide your right heel forward along the floor until your leg is almost straight
3. Slide it back in and repeat on the left side

✓ Do 8-10 reps per leg



## SEATED SIT-UP

**STRENGTHENS:** UPPER ABDOMINALS, POSTURE MUSCLES

**Instructions:**

1. Sit upright with feet flat, hands across chest or behind head
2. Gently lean back a few inches (keeping the spine long), then engage your upper abs to bring your chest forward — like a mini seated crunch
3. Keep movements small and controlled

✓ Do 8-10 reps

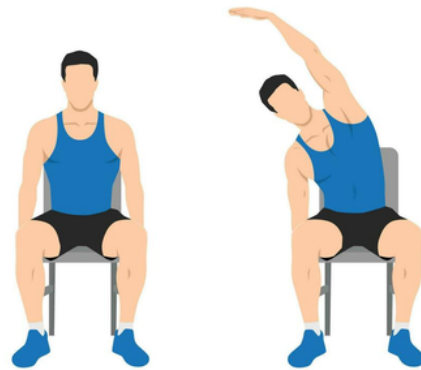


## SEATED SIDE BENDS

**STRENGTHENS:** OBLIQUES AND SPINE MOBILITY

**Instructions:**

- Sit with feet flat and arms at your sides or overhead
- Slowly bend to one side, reaching overhead (reach down if you have shoulder issues)
- Return to center and repeat on the other side
- ✓ Do 8 reps per side



## PELVIC TILTS

**STRENGTHENS:** LEGS, GLUTES, BALANCE

**Instructions:**

1. Sit with hands on thighs
2. Slowly tilt your pelvis forward (arching slightly), then backward (rounding slightly)

✓ Do 10-12 slow reps



EMPOWERING WELLNESS, EVERY STEP OF THE WAY



NUTRITION  
SUMMER OF STRENGTH



## TIPS

### HEALTHY FOOD

## NUTRITION – YOUR PARTNER IN RECOVERY

When you're recovering from cancer treatment or managing lymphedema, food becomes so much more than just fuel – it becomes part of your healing plan. Just as movement builds your strength from the outside in, nutrition supports healing from the inside out.

### PRIORITIZE PROTEIN AT EVERY MEAL

Protein helps repair tissues, rebuild muscle, and support your immune system – especially important during or after cancer treatment. Try adding beans, tofu, lentils, Greek yogurt (if not vegan), or a small protein smoothie to meals and snacks.

### CHOOSE COLORFUL WHOLE FOODS

Brightly colored fruits and vegetables (like berries, sweet potatoes, spinach, and peppers) are rich in antioxidants and anti-inflammatory compounds. The more variety on your plate, the more healing support you're giving your body.

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⇒ GIVE YOUR BODY  
THE SUPPORT IT  
NEEDS! '≤



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

When you're recovering from cancer treatment or managing lymphedema, food becomes so much more than just fuel — it becomes part of your healing plan. Just as movement builds your strength from the outside in, nutrition supports healing from the inside out.

Your body is constantly repairing, rebuilding, and restoring — especially after illness or treatment. It needs nutrients like protein to rebuild muscle, healthy fats to reduce inflammation, and vitamins and minerals to support your immune system, circulation, and tissue repair. Every bite is an opportunity to nourish your body with the tools it needs to heal more fully.

But this isn't about perfection or drastic diet changes. It's about making small, thoughtful choices — like adding an extra vegetable to your plate, swapping processed snacks for whole foods, or drinking more water during the day. These small steps, taken consistently, create the kind of internal environment where healing can thrive.



## GOAL 1: EAT A POTASSIUM-RICH FOOD DAILY

- Try bananas, oranges, sweet potatoes, or spinach
- Helps balance fluids and supports circulation

## GOAL 2: ADD PROTEIN TO TWO MEALS EACH DAY

- Try lentils, tofu, beans, or vegan protein powder
- Supports muscle repair and strength gains

## GOAL 3: LIMIT ADDED SALT AND STAY HYDRATED

- Reduce processed foods and drink 6–8 cups of water
- Helps reduce swelling and improve energy

**WHEN YOU BEGIN TO SEE FOOD AS A PARTNER IN YOUR RECOVERY — NOT A CHORE OR A CHECKLIST — YOU GIVE YOUR BODY THE SUPPORT IT TRULY DESERVES.**



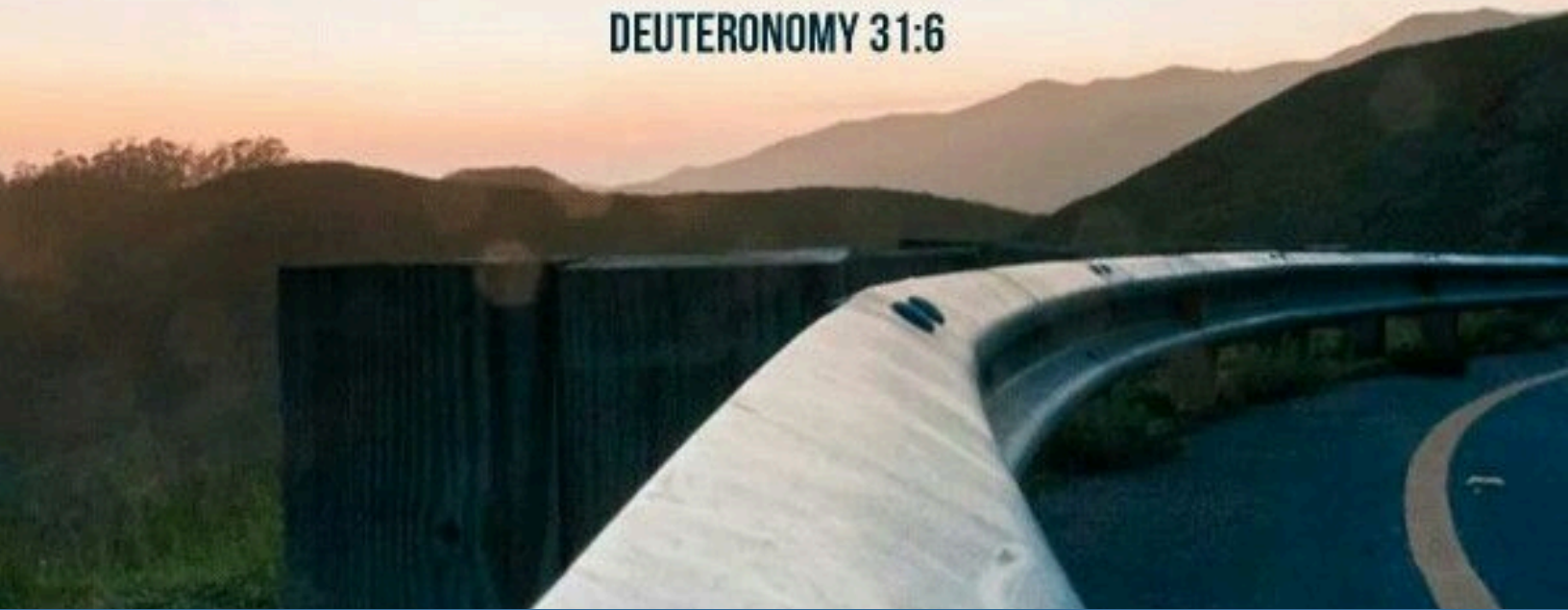
EMPOWERING WELLNESS, EVERY STEP OF THE WAY

# SCRIPTURE *OF THE WEEK*

**BE STRONG AND COURAGEOUS.**

**DO NOT BE AFRAID OR TERRIFIED BECAUSE OF THEM,  
FOR THE LORD YOUR GOD GOES WITH YOU;  
HE WILL NEVER LEAVE YOU NOR FORSAKE YOU."**

**DEUTERONOMY 31:6**



# A WORD OF ENCOURAGEMENT

You may not see it yet, but something powerful is happening every time you choose to move, breathe, and care for your body — even in small ways.

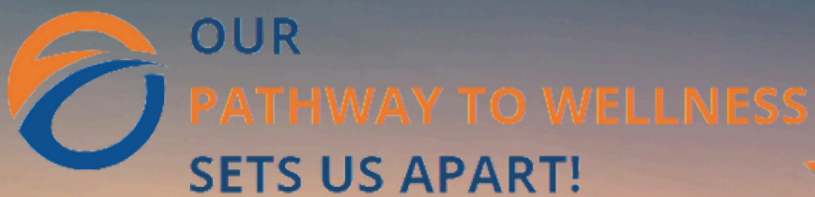
Your legs may feel tired, your energy may waver, but your spirit is showing up with courage. Strength isn't just physical — it's emotional, spiritual, and deeply personal. It grows in quiet moments, through steady effort, and in the decision to keep going.

You are not just getting stronger — you are becoming more grounded, more resilient, and more confident in who you are becoming. And that is something to be proud of.

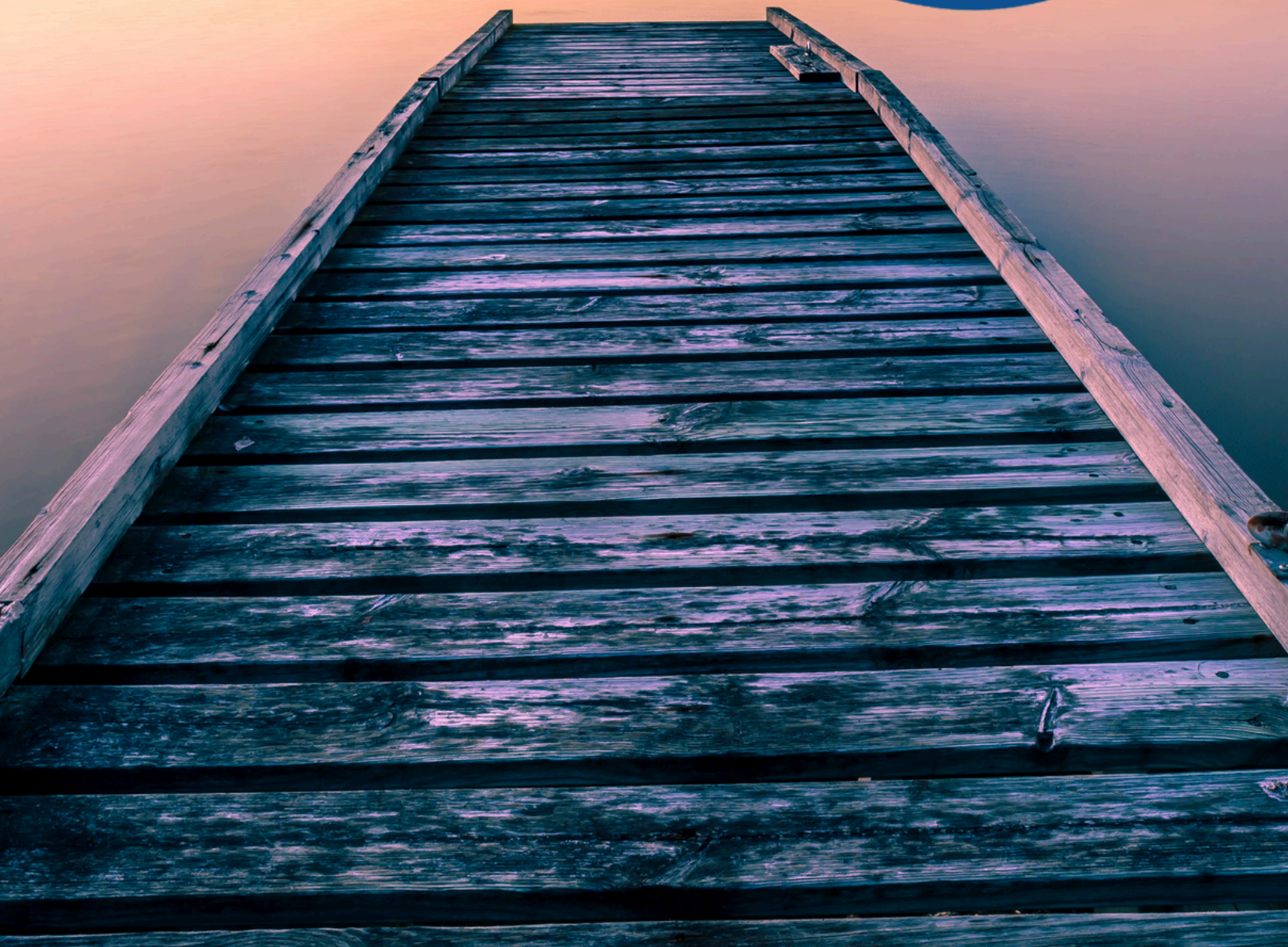


**YOU GOT THIS!**

EMPOWERING WELLNESS, EVERY STEP OF THE WAY



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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