

SUMMER OF STRENGTH



EMPOWERING WELLNESS, EVERY STEP OF THE WAY

COMPLETE CANCER REHAB

WEEK 6



BUILDING ON WEEK 5'S FOCUS ON BALANCE AND GROUNDING

We now turn our attention to posture — the often invisible force behind how we hold ourselves, move, and even breathe. Your posture is more than how you stand — it's the foundation for breathing deeply, moving freely, and supporting your spine, shoulders, and even your lymphatic system.

When your mid-back muscles are strong and engaged, they help relieve tension in the neck, improve circulation, and reduce fatigue. This week, we're resetting posture with purpose — so you can move through life with greater ease, confidence, and grace.

5 TIPS FOR BETTER POSTURE

Good posture is essential for overall health, reducing strain on muscles and joints while boosting confidence and energy. Whether sitting at a desk, standing, or moving, maintaining proper alignment can prevent discomfort and long-term issues like back pain. Here are five practical tips to help you improve and maintain good posture throughout your day.

STACK YOUR SPINE

Imagine a straight line from your ears to your shoulders, hips, knees, and ankles. Whether you're sitting or standing, aim to “stack” your joints to reduce strain and keep your body aligned.

ENGAGE YOUR CORE GENTLY

A strong, supportive core helps hold your spine in place. Think about lightly drawing your belly button toward your spine—like zipping up a snug jacket—without holding your breath.

SET SHOULDER REMINDERS

Use the cue “shoulders down and back.” Many people unknowingly let their shoulders creep up toward their ears. Take posture breaks to do scapular squeezes or shoulder rolls throughout the day.

USE SUPPORTIVE SEATING

Sit with your hips all the way back in the chair, feet flat on the floor, and a small cushion or towel behind your low back to maintain the natural curve of your spine.

STRENGTHEN YOUR BACK MUSCLES

Exercises like rows, wall angels, and spinal extensions build the muscles that hold your posture upright and reduce slouching over time. Strength and posture go hand in hand!



EXERCISE

SUMMER OF STRENGTH

TRAINING WEEK 6: BACK & POSTURE RESET — YOUR INVISIBLE STRENGTH

This week is all about posture — not just how you sit or stand, but how you carry yourself through life. As we shift our focus to mid-back strength and spinal alignment, we're working on the deeper muscles that support breathing, relieve tension, and promote fluid movement.

For those navigating cancer recovery or managing lymphedema, posture work is more than just looking upright — it's reclaiming control over how your body feels and functions. Strengthening the back, shoulders, and spinal stabilizers can ease pressure, improve energy, and support lymphatic flow with every breath and movement.

Posture training is quiet but transformational. With each gentle squeeze, stretch, and pull, you're awakening the strength that's been holding you up all along. Keep showing up, keep tuning in, and remember — invisible strength is still strength.



THIS WEEK'S **STRENGTH** GOALS

STAND TALL FROM YOUR FEET UP

Focus on keeping your feet strong and steady—your posture starts with how you stand.

STRENGTHEN HIPS TO SUPPORT YOUR BACK

Strong hips help support your lower back and keep you upright with less effort.

ENGAGE CORE MUSCLES GENTLY

Use light core activation (like drawing your belly in) to support your spine during everyday movements.

PRACTICE GOOD ALIGNMENT ALL DAY

Whether you're sitting, standing, or walking—check in with your posture often. Shoulders back, chest open, chin level.



TRAINING CIRCUIT WEEK 6

STRENGTH CIRCUIT: “PULL IT TOGETHER”

REPEAT THE CIRCUIT 2–3X, RESTING AS NEEDED.

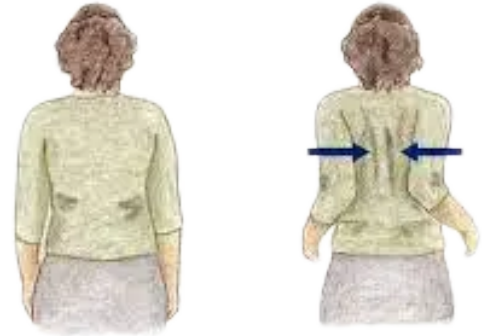
SCAPULAR SQUEEZES

15-20 REPS

STRENGTHENS: TRAPS, RHOMBOIDS, POSTURE STABILIZERS

Instructions:

1. Sit or stand tall with arms by your sides.
2. Gently pull your shoulder blades back and down, squeezing them together.
3. Hold for 2–3 seconds, then release.



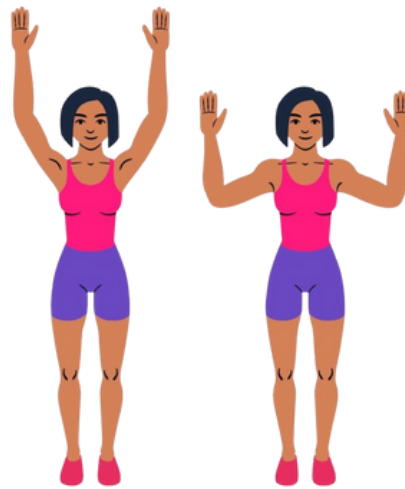
WALL ANGELS

10 REPS

STRENGTHENS: SHOULDERS, UPPER BACK, MOBILITY

Instructions:

4. Stand with your back against a wall, feet a few inches away, head and tailbone touching.
5. Raise your arms into a “goal post” shape, elbows bent at 90°, backs of hands against the wall.
6. Slowly raise your arms up, then back down like a snow angel — keeping contact with the wall.



Modification: If you can't reach the wall, do this seated or standing in open space.

**"STAND UP STRAIGHT AND REALIZE WHO YOU ARE, THAT YOU
TOWER OVER YOUR CIRCUMSTANCES." — MAYA ANGELOU**

TRAINING CIRCUIT WEEK 4

SEATED CHIN TUCKS

8-10 REPS

STRENGTHENS: DEEP NECK FLEXORS, POSTURE ALIGNMENT

Instructions:

1. Sit up tall. Gently pull your chin back as if making a “double chin.”
2. Hold for 3–5 seconds. Avoid tipping your head down.



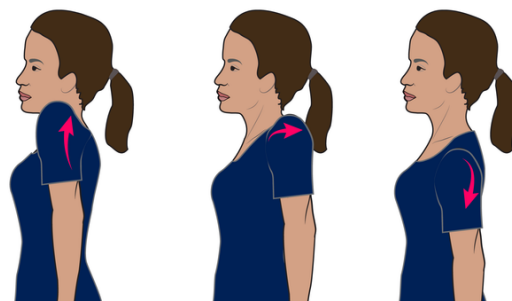
REVERSE SHOULDER ROLLS

10-15 REPS

STRENGTHENS: TRAPEZIUS, DELTOIDS, POSTURE MUSCLES

Instructions:

1. Sit or stand tall. Lift your shoulders up toward your ears, then roll them backward and down.
2. Make the movement slow and smooth.



WALL POSTURE CHECK (POSTURE HOLD)

REPEAT 2-3X THROUGHOUT THE DAY TO “RESET” POSTURE.

STRENGTHENS: CORE, SPINAL STABILIZERS

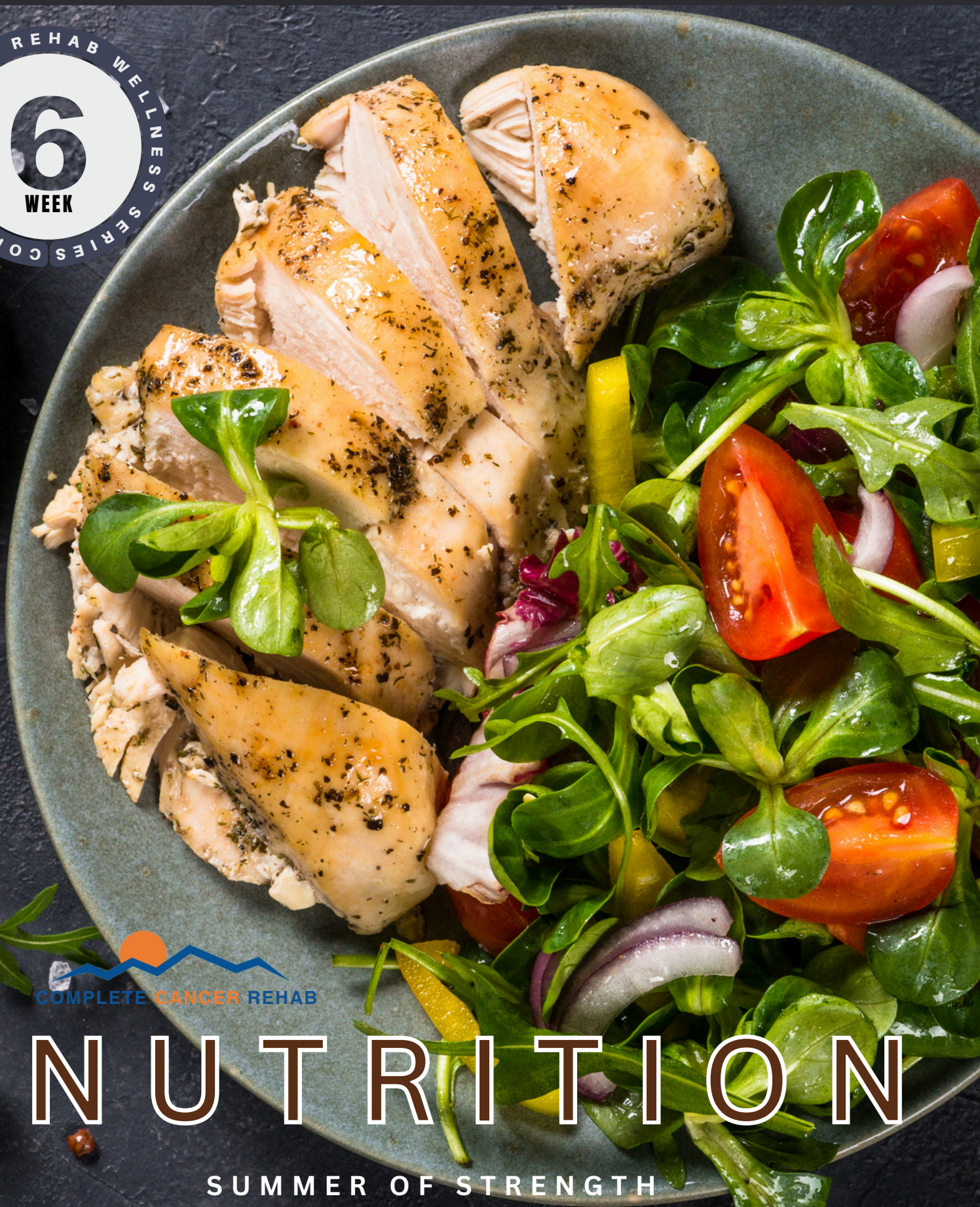
Instructions:

1. Stand with your back against the wall: heels, hips, shoulder blades, and back of head touching if possible.
2. Tuck your chin gently and engage your core.
3. Hold this upright position for 30 seconds, breathing slowly.



“YOU DON’T HAVE TO GO FAST — YOU JUST HAVE TO GO.”

EMPOWERING WELLNESS, EVERY STEP OF THE WAY



NUTRITION

SUMMER OF STRENGTH

FUELING RECOVERY



HYDRATION MATTERS

Water is one of the simplest and most powerful tools for healing and strength. Staying well-hydrated supports your energy, improves circulation, helps your body flush out toxins, and even eases joint stiffness and swelling. Whether you're in treatment, recovery, or rebuilding strength—hydration is your daily ally.

SIP THROUGHOUT THE DAY

Don't wait until you're thirsty—keep a water bottle nearby and take small sips regularly to stay hydrated without overwhelming your system.

START AND END WITH WATER

Begin your morning with a glass of water and finish your day the same way. This helps replenish fluids after sleep and supports detox overnight.

EAT WATER-RICH FOODS

Add fruits and veggies like cucumbers, watermelon, oranges, and lettuce to your meals—they hydrate and provide valuable nutrients.

WATCH FOR DEHYDRATION SIGNS

Dry mouth, fatigue, dizziness, or dark yellow urine are signs you may need more fluids. Listen to your body and respond early.



THIS WEEK'S **NUTRITION** GOALS

This week, we're focusing on how nutrition plays a quiet but powerful role in your posture, balance, and overall physical stability. Just as strong ankles and hips help you stay grounded, the right foods fuel the muscles and tissues that hold you tall and steady. When your body is well-nourished, it's better able to support good alignment, reduce inflammation, and respond to the demands of movement and healing.

Hydration is especially important this week—it cushions joints, improves circulation, and even helps prevent muscle cramps or dizziness that can throw off your balance. Combined with quality proteins, colorful produce, and intentional eating, your nutrition choices become part of the foundation you're building—one that keeps you standing tall, inside and out.

"TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE." — JIM ROHN



STAY CONSISTENTLY HYDRATED

Aim for at least 6–8 cups of water daily, and include water-rich foods like cucumber, melon, and leafy greens to support joint and muscle function.

SUPPORT POSTURE WITH PROTEIN

Include a good source of plant-based or lean protein with each meal to help maintain strong muscles, especially in your back, core, and legs.


BALANCE YOUR PLATE

Fill half your plate with colorful vegetables, one quarter with whole grains, and one quarter with protein to support steady energy and recovery.

EAT WITH AWARENESS

Slow down and notice how your food makes you feel—nourishment is about more than calories; it's about building strength from the inside out.

“EVERY TIME YOU EAT IS AN OPPORTUNITY TO NOURISH YOUR BODY.”

A photograph of a forest with sunlight streaming through the trees, creating a dramatic and hopeful atmosphere. The sunbeams are visible as bright rays cutting through the darker, misty air of the woods. The foreground is filled with lush green foliage.

**The LORD upholds all
that fall, and raises up all
those that be bowed
down.**

—Psalm 145:14

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SCRIPTURE *OF THE WEEK*

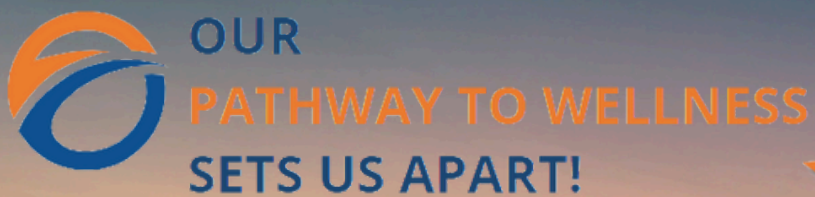
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A WORD OF ENCOURAGEMENT

You've come so far—and Week 6 is a beautiful reminder that your strength isn't just in your muscles, but in your mindset. Every time you choose to show up, refocus, or try again, you're building more than balance—you're building resilience. Progress may not always feel obvious, but it's happening in the quiet consistency of your efforts. Keep trusting the process. You're becoming more steady, more grounded, and more confident with every step. You've got this!



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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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