

## More ways to enliven your energy...

2

Incorporate physical activity into your day by taking the stairs, walking your dog, using a standing desk, cleaning the house, or parking on the far end of the parking lot.

3

Eat for energy! Incorporate a variety of vegetables and fruits in your diet with high-fiber foods and limited refined sugars.

4

Manage your stress levels by practicing deep breathing, keeping a journal nearby, drinking herbal tea, listening to calming music, or completing a quick stretch session.

If you are interested in learning more about reducing cancer-related fatigue, taking the first step towards a more energized life, or about events hosted by the SCCCf, contact The Sheboygan County Cancer Care Fund, Inc.



## Contact us



**Mission:** The Sheboygan County Cancer Care Fund (SCCCF) is dedicated to improving the health, well-being, and quality of life for individuals and families of Sheboygan County who have been diagnosed with cancer or a disease of the blood. It is our hope to provide care to all in our community who are experiencing these diseases, even if a cure is not possible.

For details on how to sign up for Sheboygan County Cancer Care Fund's email list, visit [www.scccf.org](http://www.scccf.org). For updated information on Energizing Flex & Flow classes, visit the website, click "Resources", then find the "ST&BF's Energizing Flex & Flow Class" posting for more information.

(920).457.2223 [920.45-SCCCF]

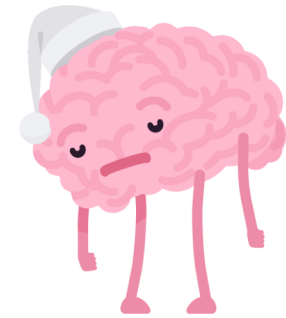
[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

[www.scccf.org](http://www.scccf.org)

[Facebook.com/CancerCareFund](https://www.facebook.com/CancerCareFund)



1621 N. Taylor Drive - Suite 100 - Sheboygan, WI 53081



# TIRED?

**LEARN HOW TO MANAGE  
CANCER-RELATED FATIGUE  
WITH FREE  
ENERGIZING FLEX & FLOW CLASS**



# What is cancer-related fatigue?

Among the many side effects of cancer and cancer treatment, fatigue is frequently found to be one of the most burdensome.

Fatigue is typically described as feelings of tiredness, lack of energy, and weariness.

Fatigue is necessary for self-regulation, healing, and protection, however, fatigue may become pathogenic and turn into a long lasting problem when it persists after treatment. This may prevent an individual from participating in normal daily activities.

*Participating in physical activity can reduce symptoms of cancer-related fatigue.*

## Types of fatigue:

**Mental Fatigue:** loss of memory or decreased ability to concentrate

**Physical Fatigue:** tiredness or exhaustion from physical activity

**Volitional Fatigue:** difficulty initiating tasks or avoiding social activities

# Physical activity for cancer-related fatigue

*\*Cancer-related fatigue is often not relieved by rest!*

Research suggests that incorporating physical activity intervention consisting of low to moderate aerobic, resistance, or combination physical activity programs as a part of cancer care, either during or after cancer treatments, has positive impact on cancer-related fatigue.

**Aerobic Exercise:** a form of physical activity that increases heart rate and blood flow, allowing oxygen to reach different parts of the body

**Involves activities like:**

- Brisk Walking
- Running
- Swimming
- Cycling

**Resistance Exercise (also called strength training or weight training):** involves the use of resistance for muscle contraction to improve strength and endurance

**Involves activities like:**

- Free Weights
- Resistance Bands
- Medicine Balls
- Body Weight
- Suspension Equipment

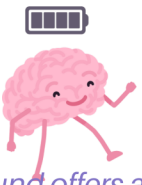


## How to enliven your energy...

1

Move your body! Join a workout group, like Survive, Thrive & Be Fit... specifically, try Survive, Thrive & Be Fit's **Energizing Flex & Flow** class!

# Survive, Thrive & Be Fit



Sheboygan County Cancer Care Fund offers a variety of healthy and active living opportunities for area cancer patients and survivors known as our "Survive, Thrive & Be Fit" program. Survive, Thrive & Be Fit offers a class that is specifically designed to reduce cancer-related fatigue:

## Energizing Flex & Flow

Enliven your energy and improve your quality of life with Energizing Flex & Flow- a free group physical activity circuit, combining aerobic and resistance exercises with relaxation and socialization. Backed by evidence, this circuit is designed to decrease cancer-related fatigue in any stage of your cancer journey.

Call Tim or visit the SCCCF website for more information on how to get involved.

## FAQs

**Are all Energizing Flex & Flow sessions the same?**

The classes are all composed of an aerobic and resistance component, however, each session may be slightly different from the last.

**Will I learn things I can continue to do at home?**

One goal of the class is to ensure you have an exercise plan that can be carried over to your home setting!

**Will I need equipment to continue after the sessions?**

A resistance band will be given to you at the first class you attend- we encourage you to take your band home with you and bring it back to other classes!

**How much does the class cost?**

The class is free!