

Benefits of Exercise

Improves Quality of Life

- Reduces stress and depression
- Improves physical & cognitive function

Improves Cancer Survival

- Up to 50% in Colon Cancer
- Up to 50% in Breast Cancer

Improves Chronic Diseases

 High blood pressure, heart disease, diabetes, arthritis, obesity, lung disease and bone loss (osteoporosis)

Enhances Independence

• Improves balance & mobility

Reduces Side Effects of Treatment

Improves Chronic Fatigue

FitSTEPS for Life®

Fill out this form and give to your physician.

Physician fax copy of referral to:

Dallas (972) 664-0549 • East Texas (903) 561-7975

Patient Name:		_Date:
DOB:	_Sex:	
Phone Number:		
Address:		
City:		_Zip:
Diagnosis:		_Stage: I II III IV
Restrictions:		
Physician Signature:		

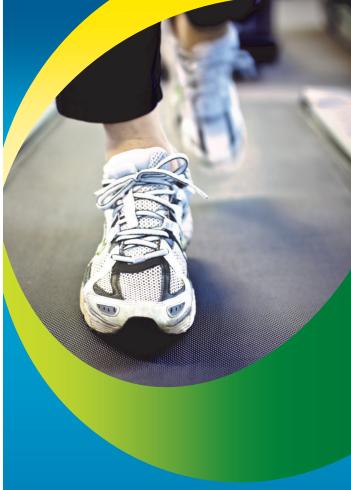
Dallas LocationsPhone (972) 664-0523 • Fax (972) 664-0549

Baylor, Collins Bldg., 3500 Gaston Ave. #605, Dallas Gilda's Club North Texas, 2710 Oaklawn, Dallas Presbyterian/Finley Ewing CVC, 5721 Phoenix Dr., Dallas Cancer Institute of Dallas, 310 East Hwy. 67, Duncanville First Baptist Church, 801 W. Ave. D, Garland First Baptist Church, 1300 E. 15th St., Plano Mesquite Cancer Center, 4700 N. Galloway, Mesquite 301 S. Sherman St., Ste. 113, Richardson

East Texas Locations Phone (903) 561-0149 • Fax (903) 561-7975

Cain Center, 915 S. Palestine, Athens
Bullard Southern Baptist Church, 716 N. Houston St., Bullard
First Baptist Church, 210 Philip St., Jacksonville
First United Methodist Church, 402 W. Hubbard St., Lindale
First Baptist Church, 301 W. Ferguson, Tyler
First Christian Church, 4202 S. Broadway, Tyler
HOPE Room, Trinity Mother Frances, Tyler
TD Fitness, 109 E. Main St., Whitehouse

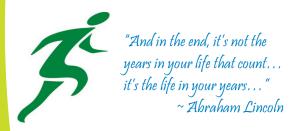
www.fitstepsforlife.org





A FREE Exercise Program
Essential to Your Fight
Against Cancer

Ask your doctor how YOU can participate in this FREE program!





Doctors recommend exercise 3 or more times per week as a critical part of your cancer treatment.

FOR BODY / FOR SPIRIT / FOR MIND / FOR STRENGTH / FOR ENERGY / FOR LOVE / FOR ATTITUDE / FOR FAMILY / FOR STAMINA / FOR DRIVE / FOR VITALITY / FOR HAPPINESS / FOR YOU

"The program has made a world of difference in my life. Chemo left neuropathy in my feet and legs and it has gotten so much better. I really look forward to going to exercise and have made some really wonderful friends through the program."

Linda Selph, Athens participant

"After going through breast cancer surgery and treatment, I was unable to complete breast reconstruction because my diabetes was so out of control. After participating in the FSFL program for a year, I have completed breast reconstruction, reduced my insulin and lost weight, helping me improve my survival rate, decreasing my chances of recurrence and improving my overall health."

Leah Brever, Dallas participant

How does the FitSTEPS for Life® Program work?

- Trained staff create an individualized program tailored specifically to your fitness level, needs and goals.
- Programs include cardiovascular, strength and stretching exercises using a treadmill, elliptical, pedometer, light-weight dumb bells, stretch bands and the stability ball.
- You will be exercising with cancer survivors who have experienced the same physical and psychological challenges that you may have.
- Trained staff provide you with tools to implement your program at home and encourage a healthy, active lifestyle.
- Stability Ball/Pilates classes are available at various locations. Call your local office or check the website for updated schedules.

Who Can Join and How?

Anyone who has been diagnosed with cancer can join the program, regardless of type, stage or time of diagnosis. A family member or caretaker is also encouraged to join as support. Have your physician sign and fax the referral on the back of this brochure. Feel free to call us if you have any questions!

What is the Cost of the Program?

FitSTEPS for Life® is provided to participants free of charge by the generous support of individual donors, foundations, grants and healthcare providers. Although we do not request payment for services, donations are important to sustain this FREE program.



FitSTEPS for Life®

Dallas (972) 664-0523

East Texas (903) 561-0149

www.fitstepsforlife.org