



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: _____



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

Dallas Locations

Phone (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



A FREE Exercise Program Essential to Your Fight Against Cancer

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

www.fitstepsforlife.org



"And in the end, it's not the years in your life that count... it's the life in your years..."
~ Abraham Lincoln



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 dumbbells, 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.



Provided by
A non-profit organization

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