

## CANCER MANAGEMENT EXERCISE PROGRAM: THE FACTS



**Kevin Saunders**, a Certified Exercise Physiologist has been running the program since 2002. With his passion for working with older adults and various chronic conditions to help improve quality of life, Kevin continues to take on professional development opportunities that pertain to understanding how exercise can be used to manage the effects of cancer and its treatment mechanisms.

Our Cancer Management program strives to address both the physical and mental components to wellness that can be impacted by this disease. This supervised exercise program aims to keep clients moving safely and uses exercise as a mode to manage the effects of cancer on the body.

### Who is this program suitable for?

The Cancer Management Program is for individuals diagnosed with cancer or cancer survivors who are cleared to exercise by their physician. A Rady JCC Fitness & Health Instructor delivers the program as well as an initial assessment.

### Why should I join this program?

The program is tailored to each individual, and typically involves some combination of aerobic activity, strengthening exercises, and flexibility/range of motion work. Our trainer works with each client to develop an individualized program that can also be delivered in a small group setting alongside other participants.

### When does this program take place and what is the cost?

**Tuesdays & Thursdays | 11:00 am-12:15 pm** (24 sessions)  
**\$165 Members | \$198 Non-members**

### How can I sign up?

Participants can join at any time: a physician's clearance form is required for entry into the program. The program then begins with a fitness assessment/health history which can be arranged through the fitness services manager. Participants can also contact Kevin Saunders for more information or to obtain a copy of the physician's release form.

[Email Kevin](#)

## MONTHLY TRAINER TALKS

### Bullet-Proof Knees

Have you ever been told your knees should never pass your toes? At this month's clinic, we will teach you all the things knee. From anatomy, biomechanics, injury prevention/rehabilitation and lastly why your knee can and in many instances should go past your toes!

**Thursday, November 24 @ 12:00 pm**  
**Monday, November 28 @ 7:00 pm**

**We want to hear from you!** Please email [Morrisa Klein](#), Manager of Fitness and Health, with topics you would like to see for Monthly Trainer Talks.

[Email Morrisa](#)

## NUTRITION TIP WITH JOAN MARKS

### What are best-before dates?

Best-before dates refer to quality (i.e. when a food "peaks" in freshness, taste, nutritional value) and apply to UNOPENED packages only. Here are a few tips:

- 1) Organize items in fridge according to best-before dates making items you want to use up first more visible.
- 2) If you're not going to eat it then freeze it on or before the best-before date. Refer to [www.canada.ca](http://www.canada.ca) for proper freezing guidelines.
- 3) Don't confuse best-before dates with expiration dates which apply to items like infant formulas. These foods should not be consumed beyond the expiration dates.

More nutritional information at: [www.dietista.ca](http://www.dietista.ca)

## SANO THERAPY CLINIC IS NOW OPEN

### Neck pain? Back pain? Old or new injury?

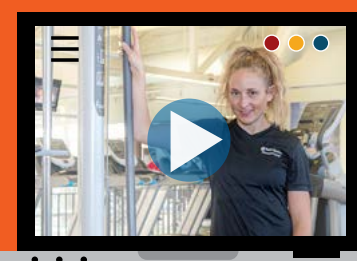
Visit Michelle or Carlo for a **FREE** 15 Minute Athletic Therapy Consult (Mondays & Wednesdays). Keep an eye out for Michelle and Carlo throughout the day across from the Sports Desk. Leave your name and number if you would prefer a consult over the phone. [www.sanotherapy.ca](http://www.sanotherapy.ca)



## IN THIS ISSUE

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## TRAINER VIDEO



**Rady Personal Trainer Lindsey** takes you through some exciting things happening at the Rady, including our **NEW** resource Library for members.

> [Contact Morrisa](#) with feedback on our resource library

## IN THE DEEP END



**Winter Swimming Lesson Registration:**  
**Dec 8 Members**  
**Dec 13 Non-members**

## MASSAGE THERAPY

Call to book an appointment with a Rady massage therapist: 204.477.7535

**Leanne Lawrie:**  
 Friday 1:00-6:00 pm

**Suzanne Millar:**  
 Tuesday-Thursday

**Cindy Gorowski:**  
 Mon-Wed & Friday

## GROUP FITNESS UPDATE!

Due to low registration numbers the following classes are cancelled (Effective Nov. 6):

- Mon 12 pm: Circuit
- Thu 8:30 am: Cycle/Strength
- Thu 5 pm: Cycle
- Fri 12 pm: Circuit

[Rady JCC Digital Program E-Guide](#)

[Adult Sport & Rec Programs](#)



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