

The cancer exercise program at Lakeland Regional Rehabilitation and Sports Medicine Clinic is a **FREE** community service provided for cancer survivors. More information can be obtained by calling 863-687-1189.

TREK TEN TRAILS

The Nature of Health



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Exercise after the Big "C"

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Lakeland Regional Medical Center

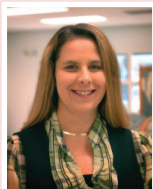
Most of us either know someone who has battled cancer or maybe we have even fought the battle ourselves. Modern medicine has made tremendous advances in the fight against cancer to improve the chances of survival. But then what? What happens to you and your body once you become a cancer survivor? How do you get back to a normal fitness routine and activity level and what precautions do you need to be aware of prior to returning to a regular exercise program?

Research shows 72-95% of cancer survivors have some type of issues related to the effects of radiation, chemotherapy and surgical interventions. Some are more transient although others can persist for many years. Both physical and psychological issues can manifest as symptoms ranging from lymphedema, pain, muscle weakness, depression/anxiety, and, most commonly, fatigue. These and other symptoms affect many body systems, but may not always be readily evident. You should always consult your physician prior to beginning any exercise routine.

Exercise has many positive effects.

Exercise has many positive effects on the human body's physiological make up and this is even more evident with cancer survivors. However, your exercise routine must be modified to take into consideration the toxicities created by cancer treatments whether symptoms are evident or not.

The biggest effect of cancer treatments related to exercise is cardiomyopathy, especially with breast cancer survivors. The heart muscle becomes damaged with radiation and chemotherapy, and does not respond as efficiently to exercise.



Susan has 12 years of experience in physical therapy and athletic training, with a special focus on sports medicine. She has previously worked for both the University of South Florida and Florida Southern College, and has taught courses on orthopedic disabilities and rehabilitation at FSC and PSC Winter Haven.

Susan received a Bachelor of Science Degree in Sports Medicine with Athletic Training Focus from Mount Union College in Alliance, Ohio and a Masters in Physical Therapy from the University of Maryland. She is certified as a licensed physical therapist and licensed athletic trainer by the state and is Board Certified in Sports Physical Therapy. She is also a National Athletic Trainers' Association Board Certified Athletic Trainer and a National Strength and Conditioning Association Certified Strength and Conditioning Specialist. Recently, Susan received training as an oncology exercise specialist.

Walking is one of the best exercises.

The type of aerobic exercise you choose is dependent on your physical limitations. Walking is one of the best exercises, but if you have joint pain or muscle issues, nonimpact exercise such as swimming is a good option. The frequency is dependent on your physical activity level prior to treatment. If you were sedentary prior to treatment, you may begin with one session three to five times a week. Those less active need to exercise more frequently, whereas two to four times of formal exercise a week is OK for a more active individual.

HRR - Heart Rate Reserve

Intensity of exercise is measured by your heart rate. The easiest way to measure heart rate is using your finger at the thumb side of your wrist. Commercial heart rate monitors continuously monitor your heart rate and display it on a wristwatch device. A sedentary individual's heart rate should stay between 30-45% of your heart rate reserve (HRR). HRR is the difference between a walker's resting and maximum heart rates. For active individuals, the range is 50-60% of HRR. Both are lower than the average 60-80% HRR for normal adults. A cancer survivor's heart is not as efficient with exercise due to toxicities caused by cancer treatments.

Consult your physician.

Remember, you should always consult with your physician and other health care professionals before beginning a regular exercise program. The cancer exercise program at Lakeland Regional Rehabilitation and Sports Medicine Clinic is a free community service provided for cancer survivors. Obtain more information by calling 863-687-1189.



all about
Breast Cancer

New Resource Site

www.CentralFloridaOnline.com

"SURPRISE" INCENTIVES PLANNED RANDOMLY FOR HOSTED HIKE!
Remember You Must be Present to Win. Introduce a new FRIEND to geocaching.

NEXT HOSTED HIKE

January 21 ❤️ 9:00 AM

North Walk-in-Water Creek, Lake Wales



Kids Corner

Exercise & Nutrition for Kids

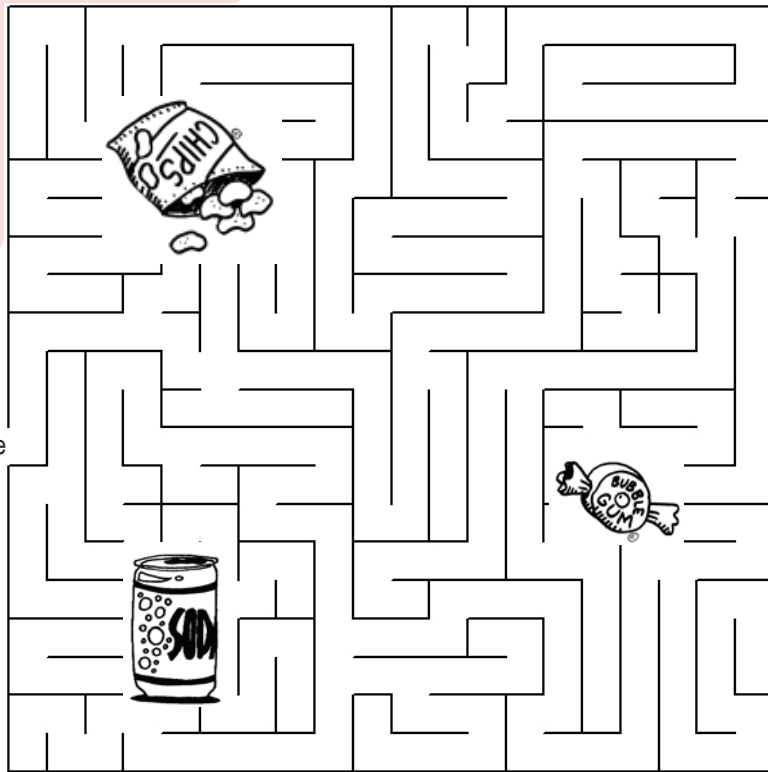
Hey Kids!

Nothing is more important than eating healthy foods and getting plenty of exercise to help you grow up strong. It is too easy to snack on all the wrong foods that don't give you the energy and nutrients you need. See if you can make it through this maze to the healthy snacks.

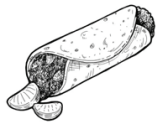
Start Here

Find ways to be active. Instead of watching television, go outside to play. TrekTenTrails is a wonderful way to exercise with your family, and finding the hidden treasures is so much fun for everyone!

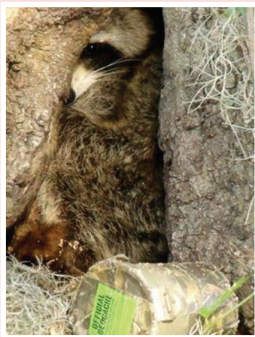
Answer to Maze: www.friendsoftheparks.net



Finish
Here are the
healthy snacks!



Geocache Guardian or Thief?



Several logs on Geocaching.com reported that the Trek Ten Trails geocache at Circle B Bar Reserve was missing. Later, veteran geocacher, "Hollow Fox" snapped this photo as evidence the cache had been returned, and was being guarded by a raccoon.

Needless to say, "Hollow Fox" did not disturb the furry critter or the cache box. As cute as he is, please NEVER approach wildlife when you are geocaching.

This old 2008 cache has since been archived. Please download the Factsheet at <http://www.friendsoftheparks.net/2012TrekTenTrails.html> for this season's location. Log your Trek Ten hikes and find lots more at www.geocaching.com. Go there now and create a FREE account. It's a great way to explore America - and the world!



North Walk-in-Water Creek January 21, 2012

North Walk-in-Water Creek is approximately nine miles east of Lake Wales on SR 60. The entrance to this 1,113-acre property is on the north side of SR 60 just before Walk-in-Water Creek. Polk County purchased this site in four phases in order to protect the floodplain and black water stream named Walk-in-Water Creek. The first phase was purchased in 2001 as an environmental lands site and is open for public recreation.

Here you can immerse yourself in natural Florida with a glimpse of what it was like before it became inhabited. Visitors can enjoy some bank fishing on a small borrow pond and paddlers in canoe or kayak can enjoy the serenity of North Walk-in-Water Creek.

A short hiking trail that loops for approximately 1.5 miles leads you into an old oak hammock. Listen to the sounds of nature; you may see turkeys and deer during your visit and possibly a scrambling Sherman's fox squirrel.



www.magnify.org



Your Financial WELLNESS

The Importance of Saving Money!

According to a recent Gallup survey almost half of employed Americans say they couldn't last more than a month without experiencing significant financial difficulties if they were laid off. Only one out of 10 could last more than a year.

Financial experts recommend that you have at least six months wages in savings before you even start to invest elsewhere.

Find out more about financial wellness and the importance of saving money at www.welcoa.org. Although primarily an employer website resource, there is a wealth of information available. Just type in "Financial Wellness" in the Search box.



www.friendsoftheparks.net