

Pink Ribbon **Exercise Program**



Pink Ribbon is a safe, effective, exercise program to meet the goals of the breast cancer survivor.

Currently being offered at the **Waterford Health & Fitness Club** by **Cathy Lauder, the only certified instructor in Clark County.**

- The program uses gentle restorative techniques that focuses on arms, shoulders, rib cage and back to:
 - Enhance functional capacity
 - Rebuild muscle strength
 - Increase range of motion
 - Decrease fatigue associated with chemo & radiation.
 - Incorporates relaxation to lessen stress.
 - Rebuilds confidence, self-esteem, and quality of life in a supportive environment to help face the physical and emotional challenges.

Each person is an individual with different needs that will be accommodated in each class.

Recent studies suggest that exercise is feasible and can help manage negative psychological and physiological side effects associated with cancer diagnosis and treatment

Before starting, you will meet with the trainer/instructor, receive a personal interview, have a detailed health assessment taken, and be cleared by your doctor

The program is developed in 3 phases:

1. Relaxation, breathing and gentle restorative movement of the affected areas.
2. Gentle strengthening & core stabilization with continued range of motion movements.
3. Adding strength to the affected area moving toward a full body workout.

For further information contact:

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