

FIT to FIGHT

Cancer Empowerment Program



Upland Hills[®] Health

Upland Hills Health
Heart, Lung, & Sleep Center
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For more information, visit
www.uplandhillshealth.org

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Upland Hills Health is a (501)(c)3 non-profit organization serving Iowa County and the surrounding area. To ensure the viability of this essential community service, please consider contributing to Upland Hills Health Foundation, by calling 608.930.7169. Thank you.

“

This program has helped me feel better about myself and provides me with some badly needed confidence.

“

Over the last year, I have tried four different YouTube exercise videos and each time I have injured myself. With this program, I just made steady, pain-free progress!

“

Staff was great at making sure you knew how to operate the equipment and felt comfortable with the exercises performed.

“

I liked the care and time spent with educated professionals in evaluating and coaching me and creating my individual plan.

“

It got me motivated to move and get out of the house.

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THE PROGRAM

Fit to Fight is a wellness program for patients who have cancer. It is designed to help you maximize your quality of life and minimize the side effects that cancer treatments can have on our bodies.

The program takes you through a safe, evidence-based exercise experience during and following cancer treatment. The goal is to help cancer survivors become “fit to fight,” through education and exercise. The length of the program is determined by your physical and emotional progress in meeting your personal goals.



DESCRIPTION OF SERVICES

The program includes the following:

- Certified cancer exercise trainers including: exercise physiologists, nurses, respiratory therapists and registered dietitians;
- Functional, nutritional and emotional assessments, a medical history and a physical exam;
- Evidence-based exercise prescription for use in the program and at home;
- Education regarding cancer diagnosis, treatment, and potential side-effects;
- Emotional support;
- Facilitation of communication between participants and their physician care team

AVAILABLE EQUIPMENT

Exercise equipment available for use at Upland Hills Health includes treadmills, bikes, rowing machines and ellipticals. Strength equipment, such as free weights, will also be used to strengthen muscles.

Based on your individual needs, staff will monitor your heart rate, blood pressure, heart rhythm, oxygen levels and exercise tolerance during sessions.

SESSIONS

The Cancer Empowerment Program sessions typically last 60 minutes and can be scheduled to fit your needs.

COST

The initial assessment to set up the program is covered by most insurance companies. The balance of the program is designed to fit most budgets. Call the program staff at 608-930-7160 for details.

WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY FOR CANCER PATIENTS?

In the past, people being treated for a chronic illness were often told by their doctor to rest and reduce their physical activity. Newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and improve your quality of life. Here is a short list of the benefits cancer patients receive from exercise.

- Keep or improve your physical abilities
- Improve balance, lower risk of falls and broken bones
- Keep muscles active and maintain strength
- Make you less dependent on others for help with normal activities of daily living
- Lower the risk of being anxious and depressed
- Lessen nausea and fatigue
- Improve your ability to keep social contacts
- Help you control your weight
- Improve your self-esteem and quality of life