



# Cancer Exercise Specialist



Research has indicated that physical activity after treatment helps reduce fatigue, improve mood, and increase muscle strength and physical endurance

The Salem Family YMCA has a Cancer Exercise Specialist on staff. A Cancer Exercise Specialist (CES) is qualified to assess, design and implement individual and group exercise programs for individuals diagnosed with cancer. The CES is skilled in evaluating health behaviors and risk factors, conducting comprehensive fitness assessments, writing appropriate exercise recommendations, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors. CES are able to conduct a complete in depth physical assessment, and understand the physical implications after surgery and or treatment of twenty-five types of cancer.

## Benefits of working with a Cancer Exercise Specialist:

- ✦ reduced cancer pain fatigue
- ✦ prevent, identify and manage lymphedema
- ✦ increase treatment tolerance
- ✦ increase shoulder range of motion and correct postural deviations following mastectomy and/or reconstruction
- ✦ Prevent and or manage Osteoporosis, Diabetes, and damage to the heart and lungs following chemotherapy, radiation and hormonal therapies.

Speak to one of our trainers

**Call 503-588-4302**

**Or**

**Email: [ytrainers@youry.org](mailto:ytrainers@youry.org)**

*Not just for short term goals, but for long term Healthy Living!*