



Newsletter

4th Quarter, 2009

East Texas -
Join us December 4th at the Candlelight Walk!!



Cancer Foundation for Life Presents:

FitSTEPS for Life Candlelight Walk

Friday, Dec. 4 5 p.m.

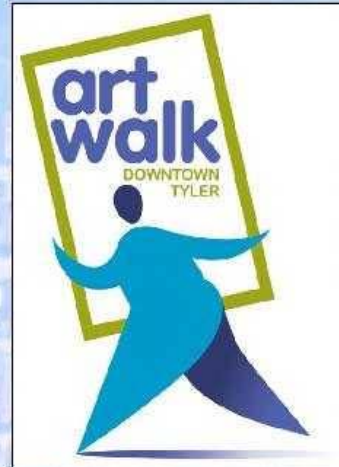
T.B. Butler Plaza Downtown Tyler

*Join our one-mile walk to
support a free exercise
program for cancer patients to
improve quality of life
and survival*

- Team Registration Encouraged
- Prizes for Top Teams
- \$20 donation for a free T-shirt

*Download Registration Forms at
www.fitstepsforlife.org
and pre-register teams and
individuals at
walk@fitstepsforlife.org.
Registration also available
at the event.*

Information: (903) 561-0149



*The Downtown Tyler Arts
Coalition Presents:*

Downtown ArtWalk

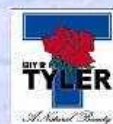
Friday, Dec. 4, 2009

4 p.m.-8 p.m.

Downtown Tyler, Texas

- Stroll downtown and view the work of area artists
- Enjoy music, carolers, entertainers
- Admission: FREE

*For more information, call (903) 593-6905
www.downtowntylerarts.com*

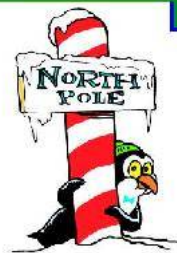


Participant Testimonial

Gordon Thrall - Jacksonville Participant

I have been participating in the FitSTEPS for Life® program in Jacksonville for 4 years. In the beginning, my wife Betty and I joined together. She had pancreatic cancer and I developed prostate cancer. She died May 28, 2005. Since then, I have actively and whole-heartedly immersed myself in the workouts and other aspects of the program. I have reduced my weight from 195 lbs. to 170 lbs. and have been able to keep my blood pressure and cholesterol levels in a normal range. I feel great with absolutely no health complaints. Although I am 86 years old, people always guess me to be at least 25 years younger. I attribute all of these benefits to FitSTEPS for Life®. I am so grateful to CFFL, Dr. Kimmel, all the benefactors of CFFL, and of course, the excellent staff. Please keep up the great work!

Fit For The Holidays



FitSTEPS for Life® is heading to the North Pole for the holidays and we want you to join us – here's how!

Earn 100 Miles by:

- ◆ Coming to a center
- ◆ Doing aerobic exercise
- ◆ Doing non-aerobic exercises
- ◆ Answering an exercise or nutrition question correctly

You have the chance to earn 400 miles with each visit!!

It's 4,000 miles to the North Pole!



Will you make it to the North Pole from Texas?

Volunteer Testimonial

Heather Hays, FBC Garland Volunteer

I am a 2 year Leukemia Survivor!! After going through chemotherapy, radiation and a bone marrow transplant my strength and energy levels were not what they were before cancer. My biggest complaint to my oncologist was not having any energy, so in February 2009, my doctor referred me to FitSTEPS for Life®. I started working out three times a week at the First Baptist Church-Garland location and noticed a big improvement in my strength, but my energy level was still not where I wanted it. I decided that I needed to be more committed to the program and workout four to five days a week. Increasing my exercise intensity improved my energy level and after 6 months of participating in FitSTEPS for Life® my energy and strength improved significantly. The knowledgeable staff have been wonderful as well as getting to know the other cancer survivors. After my success, I knew in my heart that I wanted to be more than a participant, so I made the decision to become a volunteer and help others on their journey to improving their quality of life and survival. I am hopeful that I will be able to make a difference in someone's life through FitSTEPS for Life®, the same way it did for me.

Physical Activity and Exercise

By: Matthew Ebert, Clinical Director

It is already well established that physically active women have a lower risk of developing breast cancer than non-active women. Other studies now suggest that breast cancer patients who exercise moderately 3-5 days per week are 50% more likely to survive the disease than women who exercise little or not at all.

One study, "Physical Activity and Survival After Breast Cancer" published in the JAMA in May 2005 revealed some encouraging information concerning exercise. The study consisted of almost 3,000 women for 8 years following chemotherapy. They participated in a variety of exercises, many of which are included in FitSTEPS for Life®. The encouragement we can receive from the study includes:

- A daily active lifestyle through recreational activities and walking with a pedometer significantly reduces your risk of recurrence.
- A consistent exercise program provides the best results.
- Women who exercised at moderate intensity (2-3 mph or about 100 steps per minute, which is equivalent to about 3 mph) had the greatest results; however those who walked slower (less than 2 mph) also had positive outcomes.
- Women who exercised for brief periods of 10 or more minutes per session achieved the same benefits as those who had longer exercise sessions. The intensity and total duration of exercise weekly is what counts. This is great news if you are starting out and not quite ready for continuous exercise or are busy and must break up your exercise sessions throughout the day.

With all this tremendous data, it is still estimated that only 1 in 3 breast cancer patients are exercising regularly in the nation. This data makes it worth sitting up and taking notice. There are so many great benefits to moderate exercise such as improvement in mood, ability to get quality sleep, energy levels, body image, not to mention the reduction in the risk of other diseases such as heart disease and diabetes. So encourage anyone you know going through breast cancer to get up and get moving, even if it is just a few steps at first. By progressing correctly and working with the FitSTEPS for Life® specialized staff, exercise has no unpleasant side effects.



Provided by 
A non-profit organization

Dallas & East Texas News

Updates:

- Check www.fitstepsforlife.org for Updated Center Hours at:

FBC-Garland
FBC-Plano
Presbyterian Finley Ewing CVC-Dallas
CFFL Office-Exercise Center-Richardson
- Check www.fitstepsforlife.org for Updated Pilates/Stability Ball Class at:

First Christian Church-Tyler (Pilates/Stability Ball Class only)
CFFL Office-Exercise Center-Richardson

Congratulations:

- FSFL participants who participated in the Susan G. Komen Race for the Cure in Dallas on October 17, 2009
- Dallas participants & staff for a record number of visits (2,533) in September!
- East Texas participants & staff for a record number of visits (2,778) in October!
- Matt Ebert, Clinical Director, for getting certified as a Clinical Exercise Specialist by the American College of Sports Medicine (ACSM).

Welcome New Staff:

- Lillian Ray-Mesquite Clinical Staff
- Cassandra Harris-Administrative Assistant
- Lindsay Black-Richardson Clinical Staff (transfer from Tyler)
- Jessica Layne-Jacksonville & First Christian Church Clinical Staff

Mark Gilbert- Whitehouse & First Baptist Church Clinical Staff

Board of Directors

Cancer Foundation for Life® is proud to present three new board members. Joining the board are Dr. Cathy Fieseler, Bob Garrett and Peggy Wagstaff Smith.



Fiesler



Garrett



Smith

Dr. Fieseler is the director of Sports Medicine at Trinity Mother Frances Hospital. Mr. Garrett is a Real Estate Developer and President of Fair Oil Company of Texas. Mrs. Smith has a Master's in Kinesiology and taught and coached at Whitehouse, Garland and Tyler ISDs.

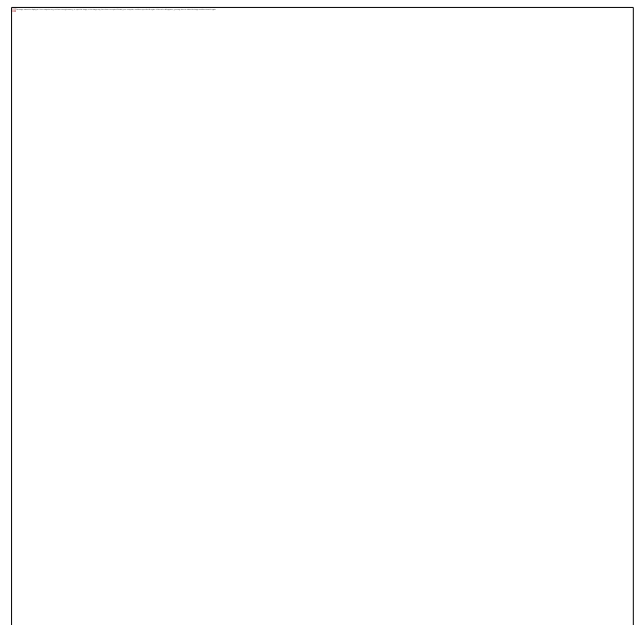
The Cancer Foundation for Life® board consists of many other community leaders including: Dr. Ben Bridges, Windol Cook of Jacksonville, Bobby Curtis, Twinkle Duncan, Dr. John English, Michael Friedman of Dallas, Dr. Barbara Haas, Greg Kimmel, Wade Ridley, Lonny Uzzell and Dr. Sasha Vukelja. The officers for 2009 are Dr. Gary Kimmel, Board Chairman Emeritus, Tracy Lisner, President, Keith Ingram, President-Elect, Marjorie Ream, Past-President and Vince Richbourg, Treasurer.

The Board would also like to extend a thank you and farewell to board members who have rotated off in 2009. Thank you to Dr. Michael Massar, Kathy Gohmert, and Nancy Patterson.

Recipe Taco Soup

2 pounds ground turkey
1½ cup diced onions
1 cans black beans
1 can red kidney beans
1 can whole kernel corn
1 can white hominy
1 can yellow hominy
1 can Mexican-style stewed tomatoes
2 cans rotel tomatoes
2 packages low sodium taco seasoning mix
2 cups of water (add more if needed)
Fat free grated cheese, garnish
Fat free sour cream, garnish
Corn chips, for serving

Brown the ground beef and onions in a large skillet; drain the excess fat and rinse with hot water, then transfer the browned beef and onions to a large slow cooker or a stockpot. Add the beans, corn, hominy, tomatoes, taco seasoning and water. Cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream and cheese.



Support FitSTEPS for Life®

Your contribution is vital to enable CFFL to continue to provide FSFL to as many cancer patients as possible without charge. Contributions "in honor of" or "in memory of" someone special are always welcome.

If you would like more information about the FitSTEPS for Life® program, please call your local office.

East Texas Office

P.O. Box 8257
Tyler, TX 75711
903-561-0149

Dallas Area Office

301 S. Sherman St., STE 113
Richardson, TX 75081
972-664-0523

East Texas

Christmas Lunch with Live Band

Dancing

Door Prizes

Thursday

December 10th

11am



at First Christian Church, Tyler

RSVP on Sign-Up sheet