

Wendy Lowry

From: FitSTEPS for Life [wlowry@fitstepsforlife.org]
Sent: Friday, December 03, 2010 4:46 PM
To: wlowry@fitstepsforlife.org
Subject: News from FitSTEPS for Life

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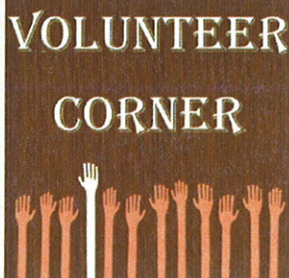


FitSTEPS for Life Newsletter

3rd Quarter, 2010

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Dallas Area: (in order of need)

Mesquite Cancer Center
Plano First Baptist Church
Garland First Baptist Church
Presbyterian Finley Ewing
CVC

Call Lindsay at 972.664.0098 if you would like more information about the above opportunities.

East Texas Area: (in order of need)

Administrative Office, Tyler
Tyler First Baptist Church

Call Haley at 903.561.0149 if you would like more

Greetings!

Thank you for your patience waiting for the 3rd quarter newsletter. CFFL has been working diligently to provide new and exciting additions to our programs. We hope that within the next several months these additions will be implemented and enable us to continue providing the best service possible. As always, thank you for your continued support of CFFL. It is you who makes this foundation more than a simple exercise program, but a network of support and encouragement.

From all of us at CFFL, we would like to wish everyone a joyous beginning to their Holiday season. We encourage you to enjoy the moments you will cherish with family and friends and share what great accomplishment you have made throughout the year by joining FitSTEPS for Life. Although FSFL may have provided you the tools to make a lifestyle change, you are the architect. Continue to build throughout this season.

In the content below, you will see center events, the results of our Board of Directors fall fundraiser, new volunteer opportunities, and a ground breaking article showing the connection between physical activity and cancer survival! We hope to have the 4th quarter newsletter out at the beginning of January. Best Wishes!!

CFFL and FSFL Staff

ps... Call or e-mail today if you would like to make a donation in honor of your friends and family for the Holiday season.



information about the above opportunities.

THANK YOU!

3rd Quarter Donors (in alphabetical order)

Les Alford, Barbara and Charles Armstrong, Earl Y. Bateman, Baylor Health Care System, Bethesda Health Clinic, Carol and Gary Betz, Helena and Harry Birin, Christine Bobadilla, Joyce Brown, Bullard Southern Baptist Church, Allie Callaway, Maxyne Cammack, Sandra Carpenter, Ida and James Cheatham, Anita Cochran, Cancer Prevention and Research Institute of Texas, Twinkle and Ed Duncan, Grace and John English, Ellen Gardner, Mary Ellen and John Gempel, Peter Guild, Mable Hill, Norma and James Hill, Windy Hill, Alexis and Douglas Hogue, Susan and DB Holt, Patricia Jackson, Johnson & Johnson, Junior League of Tyler, Phyllis and Gary Kimmel, Robert Komenda, Rita Lambert, John Ledlie, Cecile and Robert Long, Mary Jane Mason, Beverly Miller, Mary Caroline and Eugene Miller, Sharon and George Moses, Sharon and Roger Mowrey, William Noland, Teresa and Jim Nolley, Ranny Osterthaler, B.B. Owen Trust, Becky Pruessner, Thomas Puckett, J.W. Reed, Lee Skinner, Kay Smith, Minnie Smith, Tom B. Swinney, Pat and Jerry Taylor, Mary Villanueva, Bettye and S. Boyd Wall, Tracie and Steven Watson, Joan and Norman West, John Carr Wilson, Doris Woolen, Patricia Y LaPrade, Maxine Yarborough

Memorials

Mr. Day Cameron
Kathryn Allen

Mrs. Dorothy Covington
Pamela and Tracy Lisner,
Wendy and Mark Lowry

Dr. Keith Frazier
Kim and Joseph Yelas

What the Participants are Saying...



"I started exercising at FitSTEPS for Life® just after my first chemo treatment. I could only stay on the treadmill about five minutes, then rest, and then do another five minutes. Now, after a year exercising, I do thirty minutes at one time, without stopping. The exercise has really helped me. I quit losing weight, and I continue to have a good appetite and feel good, except for a few days following a treatment.

The staff is all very knowledgeable, helpful and caring. FSFL has really helped me get through these tough times. I cannot recommend it enough to anyone who is receiving chemotherapy. Don't give up! The exercise will help you."

If you have a story about your experience in FitSTEPS for Life, please email it to wlowry@fitstepsforlife.org. It may appear in the next newsletter!

News Flash

General:

Fit for the Holidays contest is returning to your local center.

Articles published in local media about FitSTEPS for Life and our participants! [KLTV Channel 7 Tyler Paper Article](#) [Dallas News Article](#)

Trevor Davis, East Texas Clinical Manager, passed the ACSM Health Fitness Specialist exam. Congratulations Trevor!

Matthew Ebert, Clinical Director, is one of the few in the country that has passed the American College of Sports Medicine (ACSM) Cancer Exercise Specialist exam. Congratulations Matt!!

Dallas FSFL locations achieved record patient encounters rates in August!

East Texas FSFL locations achieved second highest recorded patient encounters in August!

Baylor Sammons Cancer Center, Dallas:

Changed hours to Monday - Thursday, 9:00 am - 5:00 pm

FSFL Baylor achieved record monthly patient encounters in August!

Bullard Southern Baptist Church:

A commercial grade fan has been donated through a volunteer hours matching program from ExxonMobil Corporation. Thank you Kaylene and Greg.

First Baptist Church, Plano:

Betty Bray has served over 60 volunteer hours since starting as a volunteer in September. Thank you!

Cissy Long has lost 32 pounds since starting the program in August of 2007. Her balance and strength have improved to allow for decreased need for her cane. Keep up the great work!

Charlie Stephenson has increased his speed on the treadmill from 15

