

GET FIT TO FIGHT

To participate, one needs to complete an application form and get medical clearance available at Alpine Physical Therapy.

FIT TO FIGHT is cost free for participants and includes a complimentary membership to PEAK Health & Wellness Center, for the duration of the program. Candidates must either be cancer patients undergoing treatment, released by their physician for participation, or cancer survivors striving to return to their desired quality of life.

FIT TO FIGHT “alums” have already achieved amazing success!

“My balance and strength have improved so much with the FIT TO FIGHT program I can get on my bicycle again!”
Doris V



DONATE TO FIT TO FIGHT

FIT TO FIGHT needs *your* help!
Contributions go directly to the
FIT TO FIGHT program and its participants

FIT TO FIGHT is a 501(C) (3)
Contributions are tax-deductible



**PROJECT
PARTNERS**

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FIT TO FIGHT



FIT TO FIGHT

STRONGER THAN CANCER

Empowering cancer survivors

to improve their quality of life

through a program of

fitness and health...

www.fittofightmt.org



FIT TO FIGHT

STRONGER THAN CANCER

THE NEED

Ironically cancer treatment is often more brutal than the disease. Treatments leave the body diminished in function, affecting one's state of mind and quality of life. The current medical model of cancer treatment may resolve the disease, but the resulting negative side-effects are often left unaddressed.

Medical studies prove that exercise helps minimize the detrimental side-effects of cancer treatment, aiding in the return to a better quality of life. FIT TO FIGHT helps cancer survivors re-establish trust in their bodies and return to daily life as productive members of their community.







"I have been going through chemo for nearly a year and needed something to keep me active. I was feeling like I was falling apart and needed help learning what type of exercises I should even do. This program gave me what I needed and more."

Sandra M.

THE MISSION & GOALS

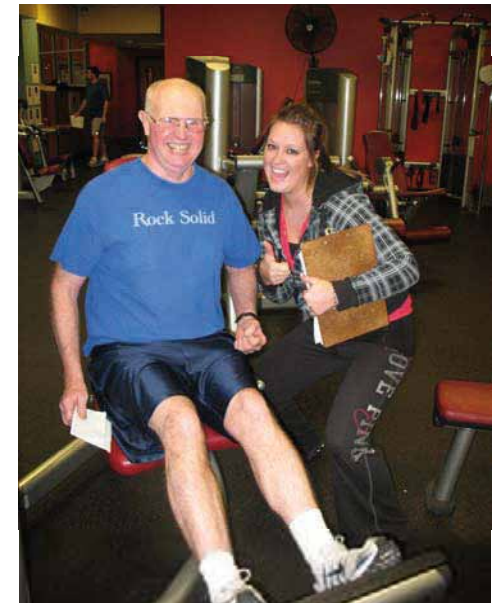
Through a supportive program of fitness, recreation and education, **FIT TO FIGHT** strives to:

-  Improve health and well-being of cancer patients and cancer survivors
-  Provide positive effects of group exercise
-  Provide opportunity for social interaction, support, and exchange with others who are fighting or have fought cancer
-  Involve the community in supporting cancer patients and aiding survivors in their return to a quality of life that is productive and satisfying

THE PROGRAM

The FIT TO FIGHT program runs three 8-week sessions per year, twice weekly. The format is a small organized group exercise session, with individual tailoring. Each session consists of stretching, breathing & relaxation, resistive strengthening, and endurance training. Sessions are led by an exercise physiologist, supervised directly by a physical therapist.

The PT directly oversees the program and is available to all participants for questions or advice. However, this program does not replace the important individual skilled PT that many oncology patients may need initially.



"After the sixth week I started to notice a change, I had more endurance, I could wiggle my toes, and I could stand longer. By the end of the program, I was fit to fight!"

Jeff R.