

# Active & Healthy Cancer Wellness Program

This is your personalised resource to help you achieve all of your health & wellness goals in 2022.

This program is hosted by General Wellness Centre.

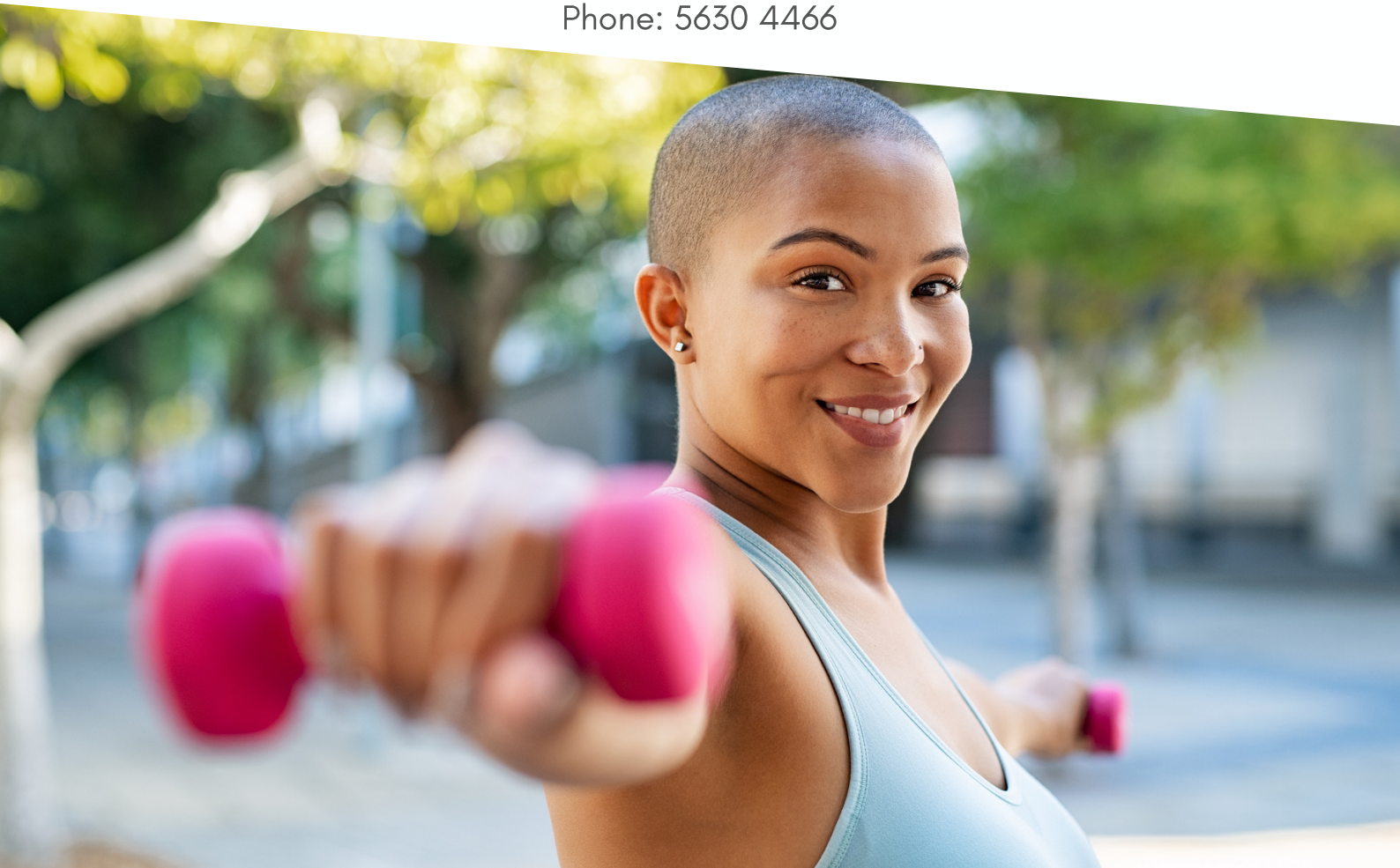
## **Our team**

Exercise Physiology, Exercise Science

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# Contact Details

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**GeneralWellnessCentre**

*Injury • Illness • Rehabilitation*

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CLASS OPTIONS 2022

# Active & Healthy Cancer Wellness Program

## Online Class Option is BACK!

If you will not be able to attend our face-to-face classes each week (e.g. appointments, family commitments) we now have an online option available!



### *How does this work?*

Each Sunday afternoon over the 8-weeks an online (pre-recorded) exercise class will be posted for those to complete in their own time in the comfort of their own home. These will be posted on our group Facebook page (*you can use the QR code to join the Facebook group*).

\*Educational resources presented in face-to-face classes will be posted on this Facebook page for ALL class participants to review.



## Face-To-Face Class Option

**Not to worry!** Our usual face-to-face class options under the supervision of a University Accredited practitioner will still run, including a group exercise session and live education. \*Available at Palm Beach Library Kiosk (Tue 10-11am) & Upper Coomera Library (Wed 11am-12pm) for Term 2.

# What do I need for class?



Light-Med. Resistance Band

Light Dumbbells (1-2kg)



Towel & Water Bottle



Pilates Mat & Pillow (optional)



## Checklist before I start...

Before your first class check the points below & get ready for these next 8-weeks!

☐

Pre-Exercise Health Screen Completed!

☐

I have all of my equipment.

☐

I have joined the GWC & A&H Cancer Wellness program group on Facebook.

☐

I have read through my Resource Handbook!

☐

I have checked in with my other Cancer Warrior friends & made sure they are registered for the program!



# Goal Setting & Support

*During your time in the program, you will set out some goals to achieve.*

*In order to achieve your goals, we must have some structure in place to support you. Use the template below to help you structure your goal setting.*

## **Example**

Date:

Short term goal: Take back some control over my food.

Your rating of

1: Importance: 2 / 10

2: Confidence: 2 / 10

3: Urgency: 9 / 10

4: Level of Support: 8 / 10

The steps I will take to achieve this goal:

1: cook 2 meals this week

By when? end of the week.

2: Do my grocery shopping

By when? by the end of this week

3: make my breakfast smoothie

By when? 2 breakfast smoothies this week

Barriers I might have to overcome?

Mike doing all the cooking

How will Overcome these?

Timetable in meals that I will prepare

Resources I might need?

Australian dietary guidelines

Reward and recognition – what I will give myself when I am successful:

Movie date.



Date:

*Short term goal:* \_\_\_\_\_

*Time frame: 7-14 days*

Your rating of

1: Importance: / 10

2: Confidence: / 10

3: Urgency: / 10

4: Level of Support: 8 / 10

The steps I will take to achieve this goal:

1:  
By when?

2:  
By when?

3:  
By when?

Barriers I might have to overcome?

How will Overcome these?

Resources I might need?

Reward and recognition – what I will give myself when I am successful:

*Medium term goal:* \_\_\_\_\_

*Time frame: ~1 month*

Your rating of

1: Importance: / 10

2: Confidence: / 10

3: Urgency: / 10

4: Level of Support: / 10

The steps I will take to achieve this goal:

1:  
By when?  
2:  
By when?

Barriers I might have to overcome?

How will Overcome these?

Resources I might need?

Reward and recognition – what I will give myself when I am successful:

*Long term goal:* \_\_\_\_\_

*Time Frame: 6-12 weeks +*

Your rating of

1: Importance: / 10

2: Confidence: / 10

3: Urgency: / 10

4: Level of Support: / 10

The steps I will take to achieve this goal:

1:  
By when?  
2:  
By when?  
3:  
By when?

Barriers I might have to overcome?

How will Overcome these?

Resources I might need?

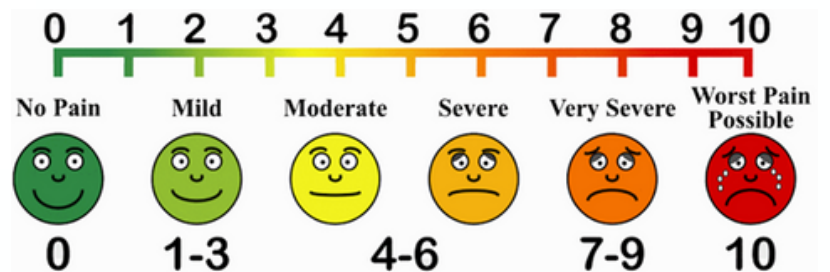
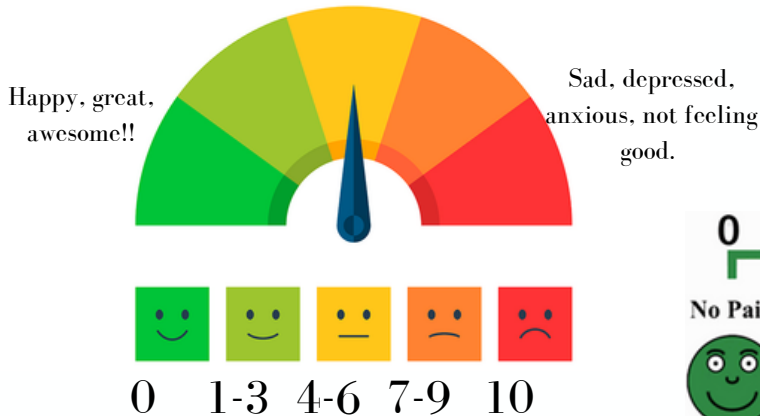
Reward and recognition – what I will give myself when I am successful:

# Mood/Energy Levels & Sleep

*How are you feeling today?*

*Before each session, the class instructor will ask you to fill in your mood/energy levels for the day. This can include pain, anxiety, and any other behaviours that are relevant to you. You can use the 2 scales below as a guide.*

In the middle - not happy or sad.



Week 1 Mood Score:

How many hours of sleep did you have last night?

Week 2 Mood Score:

How many hours of sleep did you have last night?

Week 3 Mood Score:

How many hours of sleep did you have last night?

Week 4 Mood Score:

How many hours of sleep did you have last night?

Week 5 Mood Score:

How many hours of sleep did you have last night?

Week 6 Mood Score:

How many hours of sleep did you have last night?

Week 7 Mood Score:

How many hours of sleep did you have last night?

Week 8 Mood Score:

How many hours of sleep did you have last night?

# Program Challenge

## Term 2 2022

***Can you be physically active  
every day for 8-wks?***

*This term our challenge is the*  
**'DO SOMETHING' CHALLENGE.**

*Instructions: Each day we will give you a physical activity or exercise option in 3 categories (scored 1 point – 3 points). You can choose to do more than 1 of these options but try to do at least 1. The participant with the most points at the end of the 8-wks WINS!*

*Please use the calendars below mark off what exercise challenge you completed each day.*

***Prizes to be won at the end of the 8-weeks!***





# Weekly Planner

Week 1

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

## Week 2

### Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

### Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

### Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

### Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

### Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

### Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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### Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 3

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 4

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 5

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 6

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 7

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# Weekly Planner

Week 8

## Monday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Tuesday:

- 1 - Gardening for 30 mins + ☐
- 2 - 60 sec Wall Sit x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Wednesday:

- 1 - 10 squats x 2 sets ☐
- 2 - 50 calf raises x 2 sets ☐
- 3 - GWC Group Class F2F ☐

## Thursday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

## Friday:

- 1 - 10 Wall Push Ups x 2 sets ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - GWC Group Class F2F ☐

## Saturday:

- 1 - Walk 10 mins ☐
- 2 - Walk 30 mins ☐
- 3 - Walk 60 mins + ☐

**Reflection - *How did you go this week?***

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## Sunday

- 1 - 10 min Meditation ☐
- 2 - 10 000 steps by 7pm ☐
- 3 - Stretch Class (e.g. Yoga or online) for 30 mins + ☐

**Total Score this week:**

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# THINGS TO REMEMBER

WHEN EXERCISING

## WITH CANCER:

### Before Exercising:

- ONE SIZE DOES NOT FIT ALL!
- GO AT YOUR OWN PACE!
  - Keep Active!
  - Slow & Steady wins the race!
- Ask your GP about seeing an AEP 1:1?
  - Potential for Chronic Disease Management Plan offer of 5 visits per calendar year with Medicare rebate!

### During Chemotherapy & Recovery:

- Avoid over-stretching areas around catheters.
- When feeling feverish & before/after sessions - stomas should be cleaned.
- Please monitor the following:
  - Pain levels
  - Gastrointestinal disorders inc. nausea, vomiting etc.
  - Heart rate
  - Blood Pressure
  - Breathing rates

***Please do not hesitate notify any of our team via e-mail or phone, if unusual symptoms present before, during or after exercise sessions.***

For more information on the above information please refer to the Exercise & Cancer eBook by Exercise & Sports Science Australia (ESSA) via this link:  
[https://exerciseright.com.au/wp-content/uploads/2019/10/Cancer-eBook\\_2019\\_FINAL2510.pdf](https://exerciseright.com.au/wp-content/uploads/2019/10/Cancer-eBook_2019_FINAL2510.pdf)

(ESSA 'Exercise medicine in cancer management' position statement; Exercise & Cancer, ESSA, 2019)

# Nutrition

## WHERE TO START

We recommend you take some time to review your current diet. A diet diary is a great place to begin, to get a realistic view of where you are currently at. Remember it is in your best interest to be honest here. No judgements, just lay it all out plainly so you can review. You can use this honest data to complete this next step. Developed by Newcastle Uni, it's an evidenced based tool to help you assess where you can improve your diet to include all the nutrition you need. When you have your score, make sure to check the little drop down boxes in each category for your tips to help improve that area of your diet.

<https://quiz.healthyeatingquiz.com.au/quiz/start>

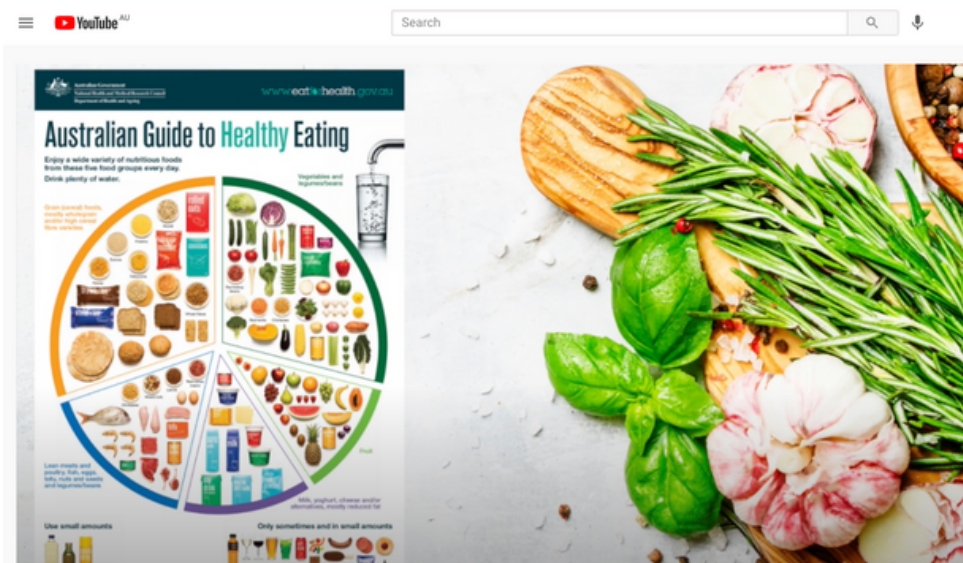
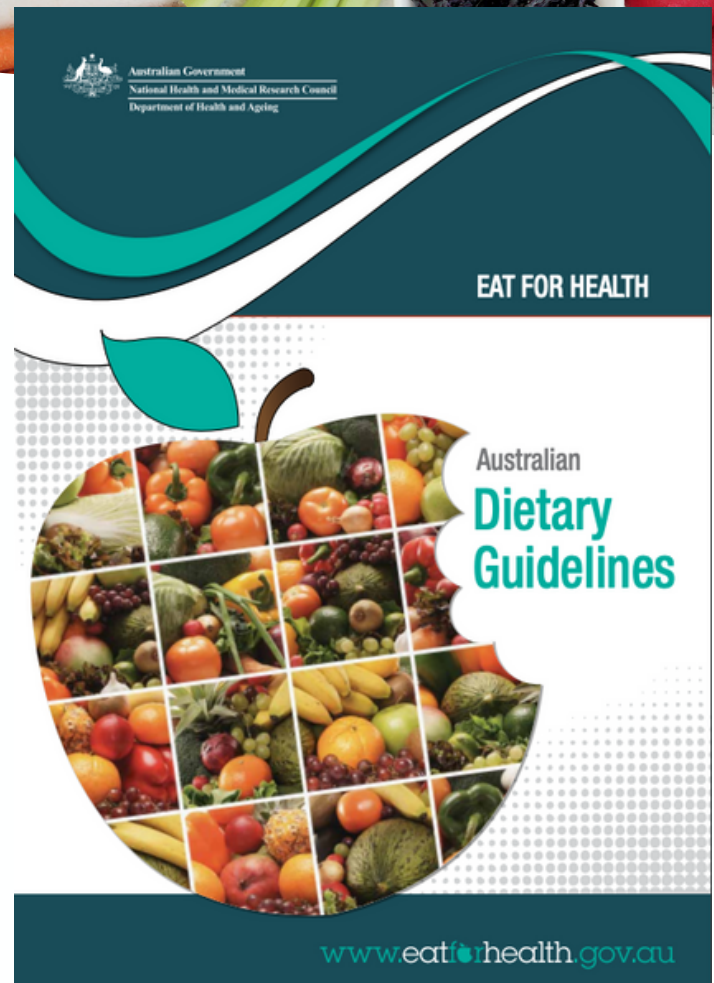






The Australian Dietary Guidelines, is a comprehensive, evidence based resource that covers all areas of nutrition for all stages of life. You can click the image to explore the guidelines

**BOOK**



Prefer a video summary? We have created one for you! Click the image or use the link below.

**VIDEO**

<https://youtu.be/PC1lC19FOzg>

# Mental Wellbeing

## WHY IT'S IMPORTANT

Mental health, stress and physical health are all related to one another. As the science becomes clearer, we understand more deeply the importance of balancing all these aspects.

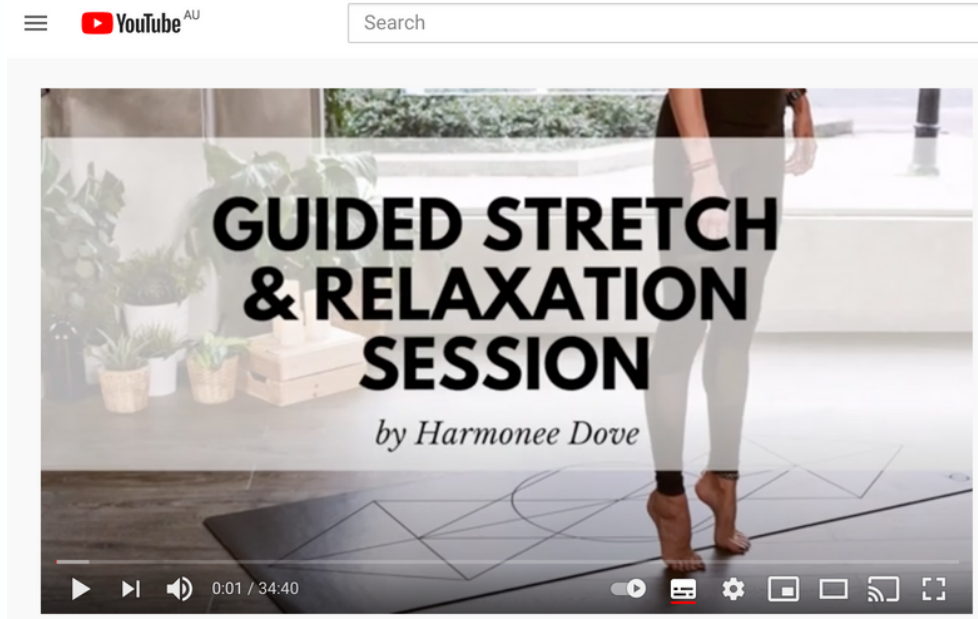
The stress hormone, cortisol is linked to Blood Sugar Imbalance and Diabetes, Weight Gain and Obesity, Immune System Suppression, Gastrointestinal Problems and Fertility Problems.

This relationship swings both ways; we must address both the physical and mental wellbeing to be effective.

The right prescription of exercise and stress management techniques is key. Stress management comes in many shapes and forms, your AEP may have a specific suggestion for you, but here are a few options you can try.







Try a guided stretch  
& relaxation video.  
Click the image or use  
the link below.

<https://youtu.be/NWSuHLC7K3Q>



Try a guided meditation.  
Click the image or use the link  
below.

<https://youtu.be/xLHO7eXT9YY>



Set yourself up a therapy space at  
home.

Watch this quick video for some  
great tips.

<https://youtu.be/WUThValdFuo>



# Class Notes

*Use this page to write any notes during the educational segments of each session. If there is anything you need more information on please speak the class instructor for guidance.*

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# Questions

*Use this page to write any questions down that you would like to bring up to your instructor privately or maybe even for group discussion? We want this to be a safe environment open for all topic discussions at the beginning of each session.*

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