



GeneralWellnessCentre
Injury • Illness • Rehabilitation

Active & Healthy

10 WEEK Cancer Wellness Program

About the Program:

This supportive and progressive 10-week group exercise program has been designed by an Accredited Exercise Physiologist and is specifically for people who are either going through, or recovering from cancer treatment. At Tallebudgera you will have access to a gym-based program with supervision from an Accredited Exercise Physiologist!

Cancer Wellness Program: 10 weeks starting April 15th 2024:

Nerang: Mon (10-11am). **COST: FREE**

Address: Bert Swift Community Centre, 11 Centurion Cres,
Nerang QLD 4211.

Tallebudgera: Tue (10-11am). **COST: free**

Address: Gold Coast Recreation Precinct Gym, 1525 Gold Coast Hwy, Palm Beach QLD
4221.

Upper Coomera: Wed (11am-12pm). **COST: FREE**

Address: Upper Coomera Centre, Corner of Reserve Road & Abraham Road, Upper
Coomera.

Our team

Accredited Exercise Physiology, Exercise Science.

www.generalwellnesscentre.com || admin@generalwellnesscentre.com

ellie@generalwellnesscentre.com



Active & Healthy Cancer Wellness Program

Pre-Exercise Health Screen (mandatory)

We would like everyone who is participating in our Cancer Wellness Program (online and/or face-to-face) to fill in this pre-exercise health screen. Please use the QR code or link below to complete the form prior to attending Week 1.

*QR (use
camera):*



OR

Use LINK:

A screenshot of a web form titled "Cancer Wellness Program". The form includes a header with the GWCC logo, a term start date of Monday 15th April - Sunday 23rd June, and a mandatory pre-intake form notice. It contains a contact email (admin@generalwellnesscentre.com) and an email input field. At the bottom, there is a footer stating "I would like to express my interest in the Active & Healthy Cancer Wellness Program Presented * by General Wellness Centre, starting April 2024."

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!

Week 1

GET TO KNOW *each other*

The journey through and beyond cancer is profoundly personal yet deeply enriched by the strength of community. In this journey, the value of being surrounded by those who understand, empathise, and support cannot be overstated. A community provides more than just a network of care; it offers a shared space of resilience and hope.

Here, experiences are exchanged, emotional burdens are lightened, and the collective wisdom of many helps navigate the complexities of treatment and recovery. Through this fellowship, may you find not just solace but also a powerful sense of belonging, reminding you that you are not alone in your fight. This community becomes a cornerstone of strength, empowering each other to face your journey with courage and optimism.



Week 1

Health Status

Unlocked

We want you to see how amazing your body is and what it can do in just 10 short weeks. So we have 3 quick little assessments to do on week 1 and week 10. Your instructor will walk you through these. Be kind to yourself and be safe. We can't wait to see what your able to achieve this term!



Balance Test.

Lets have a look at your balance.

The key here is safety.

Use a wall to help you.

Face the wall, hands on the wall. Choose your dominate leg, slowly lift the other leg. Once you feel balanced, take your hands off the wall and start timing.

important: don't let your legs touch - no cheating!

Upper Body Strength Test - Bicep curls or wall push ups.

Lets see how many bicep curls or wall push-ups. you can do in 30 seconds.

The key here is full range of movement.

Wall push ups - hands at chest height on the wall.

Bicep curls, choose your dominate hand and a weight that you can lift repetitively.

Set the timer for 30 seconds and count your reps



Lower Body Strength Test.

Start by sitting on a chair, feet flat on the floor.

You will need to stand up and sit down as many times as you can safely in 30 seconds.

important: you must sit on the chair for each rep

Easy way to
Save your results



Scan the QR code to save your results in week 1 and 10.
Your instructor will be able to tell you how much you improved in week 10.

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: 23.04.24

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

Your rating of

1: Importance: 2 / 10

2: Confidence: 2 / 10

3: Urgency: 8 / 10

4: Level of Support: 9 / 10

The steps I will take to achieve this goal:

1: Explore some recipes I might like

By when? by the end of the weekend

2: Make a list and go grocery shopping

By when? Sunday Afternoon

3: cook 2 large meals (keep some for later in the week)

By when? By the end of the week

Barriers I might have to overcome?

I don't like grocery shopping

How will Overcome these?

try online grocery delivery

Resources I might need?

GWC Meal Plan

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, Pain & Energy

How are you feeling today?

Before each exercise session its important to refelct on how you are feeling and adapt your exercise to suit your mood, pain and energy.

Your instructor is always available to offer you a harder or easier version of any exercise, just ask them.

They are also able to adapt any exercise to make sure its safe and suitable for any injuries or pre/post surgery concerns, keep your instructor informed to whats happening with you through out the term, they are there to help you.



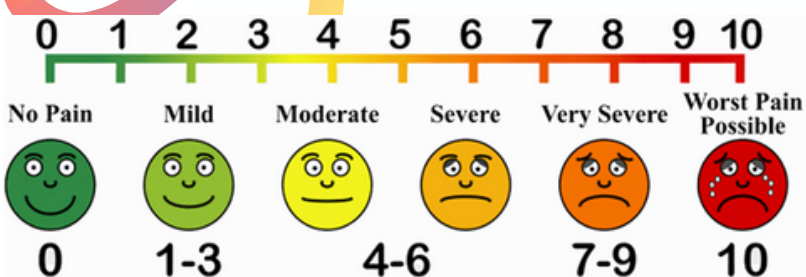
How much energy do you have today?



0 1-3 4-6 7-9 10

Happy, great, awesome!!

Sad, depressed, anxious, not feeling good.



Where is your pain at today?



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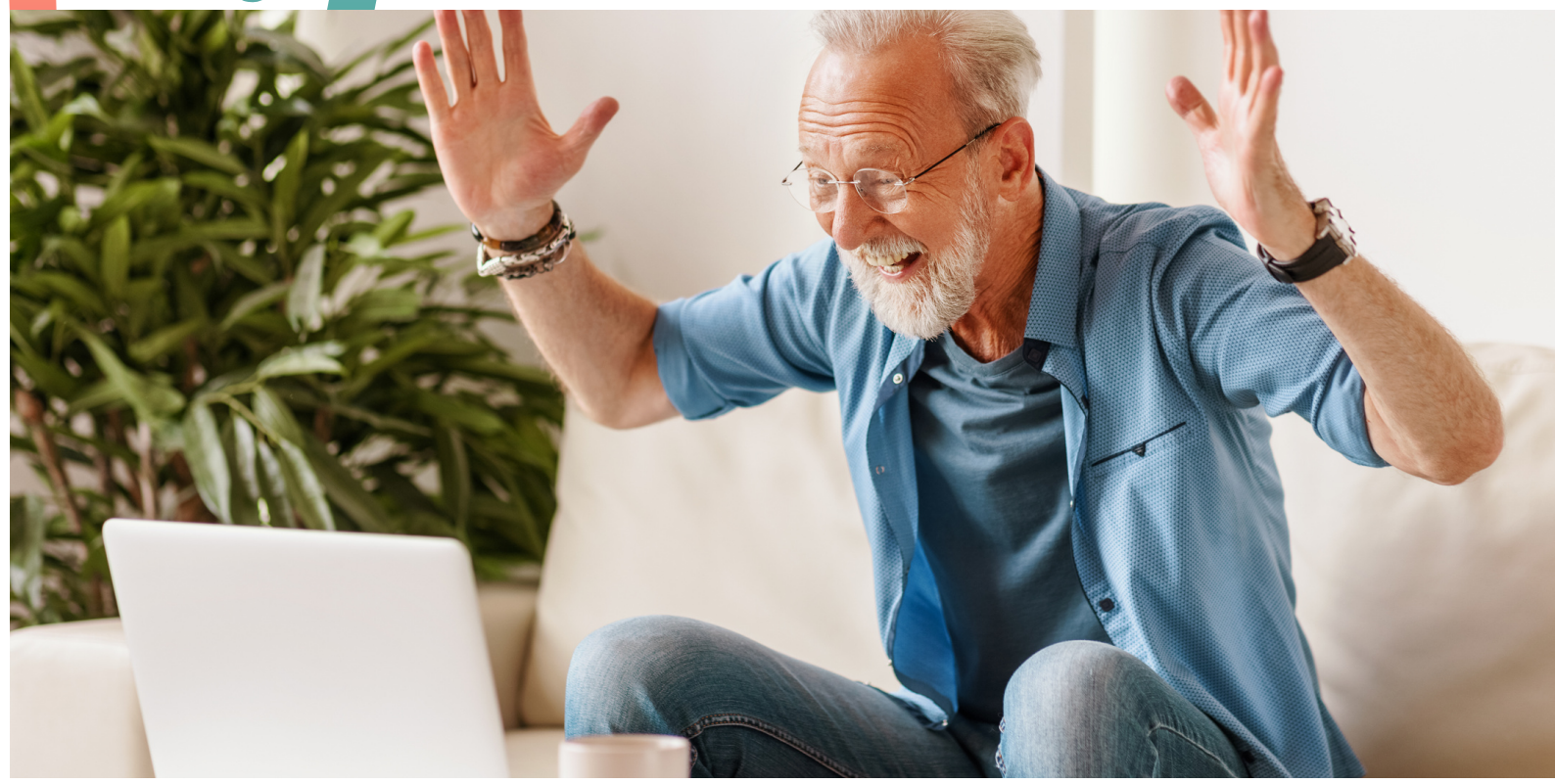
Program Challenge

Online 10 week challenge

Every day across our 10 week program our online facebook group will deliver a challenge to you.

This is our way of keeping you motivated, excited and supported in this journey to a healthier and happier you.

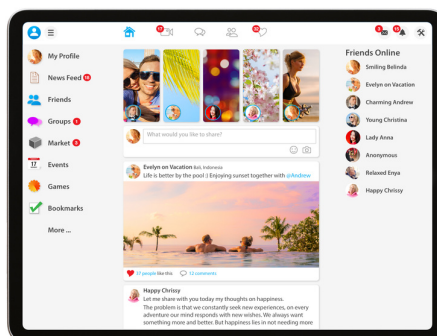
Classes are just one part of this amazing Wellness program, lets get you moving everyday.



Daily Motivation



And more...



Watch our Facebook group for daily challenge information.

Gratitude List

Today

I AM GRATEFUL FOR...

Today

I DID WELL ...

Tomorrow

I AM EXCITED FOR...

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!
 - Choose GWC - Exercise Physiology

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

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

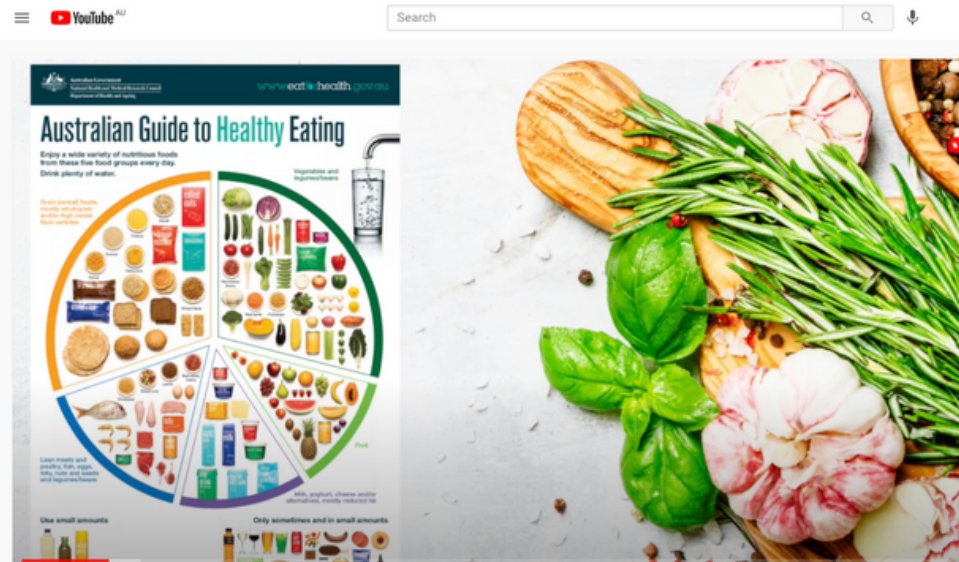
Nutrition

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>





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



<https://youtu.be/PC1lC19FOzg>

Want more help? Why not get a personalised Meal plan?

Complete our online questionnaire and our Dietitian will write you a full meal plan with recipes to keep you on track and perfectly suited to your likes, goals and medical conditions



POWER QUINOA & VEGGIE BOWL

Ingredients:
 1 cup quinoa
 2 cups vegetable broth
 1 tablespoon olive oil
 1 onion, chopped
 2 garlic cloves, minced
 1 red bell pepper, chopped
 1 zucchini, chopped
 1 yellow squash, chopped
 1 cup cherry tomatoes, halved
 2 cups baby spinach
 1/4 cup chopped fresh parsley
 Salt and pepper, to taste

Instructions:
 Rinse the quinoa in a fine mesh strainer and set aside.
 In a medium saucepan, bring the vegetable broth to a boil. Add the quinoa and reduce the heat to low. Cover and simmer for 15-20 minutes or until the liquid is absorbed and the quinoa is tender.
 In a large skillet, heat the olive oil over medium-high heat. Add the onion and garlic and sauté for 2-3 minutes until softened. Add the red bell pepper, zucchini, and yellow squash to the skillet and sauté for 5-7 minutes until tender. Add the cherry tomatoes and spinach to the skillet and sauté for 2-3 minutes until the spinach is wilted. Stir in the cooked quinoa and parsley. Season with salt and pepper to taste. Serve hot as a main dish or side dish.

Why it's good for Sandra?

This recipe is perfect as it is gluten-free, dairy-free, and contains plenty of vegetables and plant-based protein from quinoa. It also provides a range of essential vitamins, minerals and antioxidants to support their overall health and wellbeing. Additionally, the high fiber content in quinoa will help regulate their blood sugar levels and support healthy digestion.

Mental Wellbeing

WHY IT'S IMPORTANT

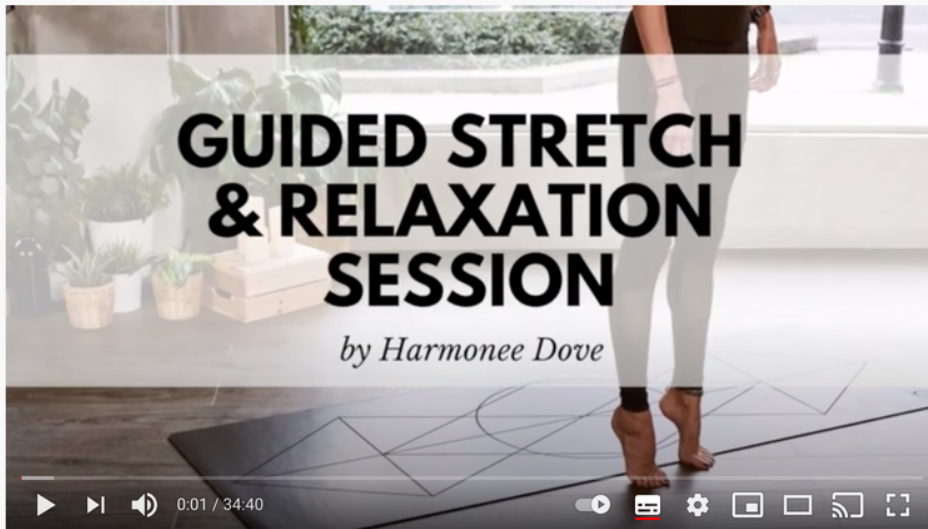
Mental health, stress and physical health are all related to one another. As the science becomes clearer, we understand more deeply the importance of balancing all these aspects.

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.

This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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.

Body Weight Cardio Circuit

Repeat x3



01

30s ON / 30s REST

High Knee Twist

(hand or elbow to
knee)



02

30s ON / 30s
REST

Air boxing



03

30s ON / 30s REST

Squat & Reach



04

30s ON / 30s REST

Run Up & Walk Back

*Rest for 60-90
seconds before
next set.



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Body Weight Circuit

Repeat x3



12
**Wall Push
ups**



12
Squats
*add some
weight if you like



12
**Glute
Bridges**



12
Arm Raise
*add some
weight if you like

***Rest for 60-90
seconds before
next set.**

Somatic Stretch & Release



Hands on heart &
belly

**Deep
rhythmic
breathing**



REST your head

**Childs
Pose**



Wall Assisted
**Elevated
Legs**



Seated or Lying
Hip Opener



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THE BENEFITS

OF EXERCISE DURING

CANCER RECOVERY

WE UNDERSTAND THAT THE LAST THING YOU WANT
TO DO DURING CANCER RECOVERY MAY BE
EXERCISE BUT IT CAN...



**BOOST ENERGY
LEVELS**



Exercise has been found to
reduce cancer-related
fatigue both during and
after cancer treatment.



**MINIMISE CANCER
TREATMENT-RELATED
SIDE EFFECTS**

- Reduce risk of long-term heart problems.
- Minimise loss of bone strength
- reduce risk of lymphedema development
- improve anaemia



**ENHANCE THE
RECOVERY PROCESS**

- Exercise enhances quality of life!
- Reduces mortality/death (World Health Organisation)
- Lowers risk of cancer recurrence

(Exercise & Cancer, ESSA, 2019)

WHAT TYPE

OF EXERCISE DURING

CANCER RECOVERY?

The ESSA 'Exercise medicine in cancer management' **position statement**, states that those with cancer should aim to do moderate-intensity exercise, unless they have the following risk factors:

- Surgery (in the past few weeks)
- Medical reasons e.g. periods of low immunity, increased bleeding risk (low blood platelet).
- Nausea (must avoid high intensity activity).

There is ***no set prescription*** or amount of exercise but most programs include **aerobic** (i.e. increasing heart rate) & **resistance** exercises (i.e. strength training).

REMEMBER:

EXERCISE TOLERANCE
MUST BE BUILT!

ANY MOVEMENT IS
BETTER THEN NONE!

EACH EXERCISE
SESSION SHOULD BE
ADJUSTED BASED ON
HOW YOU ARE FEELING
ON CERTAIN DAYS!

*Aerobic training examples:
walking, using an elliptical
machine, dancing, swimming,
cycling.*

*Resistance exercise examples:
body weight squats, using
dumbbells, therabands and
machine weights).*

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



Your Exercise Prescription

Your team are University trained practitioners, who are able to interpret the science and evidence required for you to make positive changes to your health and wellbeing. For optimum results, be sure to follow the prescription below.

Aerobic training:

Guidelines for implementing exercise programs for cancer patients:
30-60 minutes of continuous or intermittent (10 min. bouts of exercise during the day) of aerobic exercise everyday!

Resistance training:

Guidelines for implementing exercise programs for cancer patients:
6-9 different exercises targeting major muscle groups, 1-4 sets per muscle group at moderate-high intensity (refer to the GWC 'Traffic Light System'), 60-90s recovery between sets.

Flexibility training:

Guidelines for implementing exercise programs for cancer patients:
Stretches should be performed at 2-4 sets per muscle group, 15-30s holds.



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CONTACT US

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EXERCISE PHYSIOLOGY

BOOK NOW



We offer one-to-one appointments that can be *land-based, virtual/online, home visits & hydrotherapy.*

We accept MEDICARE, DVA, NDIS, *PRIVATE HEALTH INSURANCE + MORE, with a valid referral from your GP.*

Online Consultation



Accredited Health Practitioners



Call us now to book an appointment!



Exercise Physiologist - Ellie
Exercise Physiologist - Kyra



Thank you!

Active & Healthy Cancer Wellness Program

Our team

Exercise Physiology, Exercise Science, Dietetics.

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