

Benefits of Physical Activity for the Cancer Patient

In the past, people being treated for a chronic illness were often told by their doctor to rest and reduce their physical activity.

Newer research has shown that exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

Regular exercise may help you...

- Keep or improve your physical abilities
- Improve balance, lower risk of falls and broken bones
- Keep muscles from wasting due to inactivity
- Lower the risk of heart disease
- Improve blood flow to your legs and lower the risk of blood clots
- Make you less dependent on others for help with normal activities of daily living
- Improve your self-esteem & lower the risk of being anxious and depressed
- Lessen nausea
- Improve your ability to keep social contacts
- Lessen symptoms of tiredness (fatigue)
- Help you control your weight
- Improve your quality of life

Information by www.cancer.gov.



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2018 Wellness Retreat at
YMCA Camp Cha-La-Kee

for Cancer Patients and Survivors

IN PARTNERSHIP WITH HEART OF THE VALLEY YMCA
AND ALLIANCE CANCER CARE



2018 WELLNESS RETREAT

PROGRAM OUTLINE

What can the retreat do for me?

YMCA Camp Cha-La-Kee is 61 acres of serene, unspoiled waterfront woodland on the shores of Lake Guntersville. You'll connect with other participants in a weekend of sharing experiences that will encourage healing, whether in a gentle yoga session or around the campfire.



The serene lakeside setting reinforces goals of refreshing the senses, establishing balance and encouraging healing.

Activities

The Wellness Retreat will include low-impact activities like kayaking, Balance & Flex classes, and yoga as well as more adventurous options like hiking and our low ropes course. There will be opportunities to take in the natural surroundings during activities like pontoon boat tours on beautiful Lake Guntersville and guided nature hikes. For those looking to relax and recharge, there will be art therapy, outdoor exercise classes, pottery tutorials, healthy cooking classes, and relaxing campfire chats.

Amenities

Heart of the Valley YMCA will provide healthy menu selections each day, cozy cabin environments for rest and fellowship, and fun group activities like Saturday night line dancing, motivational speaker presentations and Sip & Chat with non-alcoholic beverages and snacks.

The YMCA will have trained Cancer Exercise Specialists, a dietitian, special guest experts and YMCA Camp Cha-La-Kee staff on site during the weekend, with a focus on emotional support, gratitude and healing.

SCHEDULE

August 17-19, 2018

Friday, August 17

- 5-6 pm Registration, Check in to cabins
- 6 pm Welcome, Introductions, Dinner
- 7 pm Fellowship Activities
- 8 pm Fire Circle
- 9 pm Sip & Chat
- 10 pm Cabin Chat

Saturday, August 18

- 6:30 am Morning Hike (optional)
- 8 am Breakfast
- 9 am- Activity Session I: Yoga, Hi/Lo Ropes
- 10:15 am Course, Tool Time
- 10:30 am- Activity Session II: Kayak Tour, Healthy
- 11:45 am Cooking Class, Pottery
- 12 pm Lunch/Speaker
- 1:15 pm- Activity Session III: Yoga (Indoor), Boat
- 2:30 pm Tour on Lake Guntersville, Tie-Dye Camp T-shirts
- 2:45 pm- Activity Session IV: Art Therapy with
- 4 pm Spirited Art (until 5:30 pm), Giant Swing, Boat Tour on Lake Guntersville
- 4:15 pm- Activity Session V: Guided Nature Hike,
- 5:30 pm Balance & Flex Class, Boat Tour, Giant Swing
- 6 pm Dinner
- 7:15 pm Line Dancing
- 8 pm Camp Fire & Drum Circle
- 9 pm Sip & Chat
- 10 pm Cabin Chat

Sunday, August 19

- 6:30 am Morning Hike (optional)
- 8 am Breakfast
- 9 am- Closing Ceremony with Speaker
- 10:15 am



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OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Program Coordinator

Terri Keller is a Certified Cancer Exercise Specialist and the Health Initiatives Coordinator for Heart of the Valley YMCA. She is a Certified Personal Trainer and enjoys teaching and motivating others to maintain a healthy lifestyle.

