

Why is there a need?

Obesity is becoming the #1 preventable cause of cancer, with 50,000 new obesity-related cases of cancer per year in women. Obesity associated women's cancers include endometrial and breast cancer. Forty-nine percent of endometrial cancer in the U.S. is attributable to obesity. In addition, we now know that obese women who are diagnosed with early-stage gynecologic cancers are at greater risk of dying from their multiple obesity-related co-morbidities than their cancer. Diabetes, hypertension, hyperlipidemia, coronary artery disease, COPD, and sleep apnea are among the life-threatening health problems that obese cancer survivors often face. The Let Every Woman Know - Alaska EXTRA-TOUGHS is a program designed to reach obese survivors of women's cancers whose health would greatly improve by dramatic weight loss through exercise, diet modification, and bariatric surgery when appropriate. These changes can reduce the risk of gynecologic and breast cancers, mortality rates from co-morbid conditions, and improves quality of life both pre - and post - cancer diagnosis.



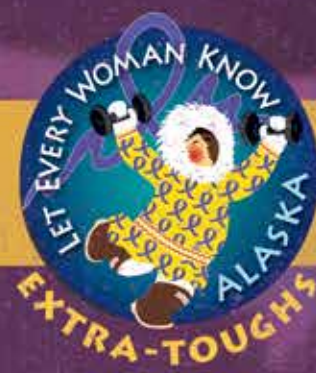
LET EVERY WOMAN KNOW - ALASKA

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EXTRA-TOUGHS

EXTRAORDINARY
TRANSFORMATION
TOWARDS GYN HEALTH
& SURVIVORSHIP



www.leteverywomanknow.org

12-week obesity intervention for
survivors of women's cancers
brought to you by
Let Every Woman Know - Alaska

What is the EXTRA-TOUGHS program?

The EXTRA-TOUGHS is an exciting program founded by Let Every Woman Know - Alaska to provide an integrative team approach to sustainable weight loss, healthy lifestyle, and survivorship for gynecologic cancer and breast cancer survivors.

What does this program entail?

1. Custom-designed group fitness exercise classes, three times per week with the EXTRA-TOUGHS group at AlaskaFit.
2. Enroll in Nutrition University as part of the EXTRA-TOUGHS group. Track your diet and have access to easy recipes, take part in weekly weigh-ins, and receive online and in-person support.
3. Participate in weekly support groups with fellow EXTRA-TOUGHS to address successes and challenges together.
4. Receive incentives such as introductions to oncology massage, yoga, and acupuncture.
5. Upon completion of the three-month program EXTRA-TOUGHS are encouraged to continue into the maintenance phase of the program with ongoing access to group fitness, nutrition and support groups.
6. In addition, when appropriate, members may receive a referral for bariatric surgery to make a more drastic difference in weight loss.

Am I ready to commit to change?

Maintaining a healthy weight can save your life. The EXTRA-TOUGHS program is the perfect opportunity to make a positive change in your lifestyle. Being an EXTRA-TOUGHS participant is a commitment. Commit to your health. Commit to saving your life.

Schedule

Monday, Wednesday and Fridays
7:00 - 8:45am

Week 1:

Initial Evaluation | Set goals and establish baseline

Begin group fitness exercises | 1 hour 3x per week

Enroll in Nutrition University | First weigh-in and nutrition introduction

Weekly Support Group Meetings | Wed. 7:45 - 8:45am

Week 2-3:

Continue with group fitness, nutrition and support groups.

Week 4:

Complimentary introduction to yoga. Re-assess baseline and goals. Continue with group fitness, nutrition and support groups.

Week 5-7:

Continue with group fitness, nutrition and support groups.

Week 8:

Complimentary introduction to oncology massage. Re-assess baseline and goals. Continue with group fitness, nutrition and support groups.

Week 9-11:

Continue with group fitness, nutrition and support groups.

Week 12:

Complimentary introduction to acupuncture. Continue with group fitness, nutrition and support groups. Final discharge evaluation to discuss accomplishments and the next steps: Maintenance phase and/or bariatric surgery.

THIS GROUP IS LIMITED TO WOMEN WHO FIT THE FOLLOWING CRITERIA:

- Diagnosed with a breast and or gynecologic cancer or pre-cancer
- Completed primary treatment (i.e. surgery, chemo, radiation)
- Body Mass Index (BMI) \geq 30

What else should I know?

EXTRA-TOUGHS expenses are augmented by Let Every Woman Know - Alaska. This program is offered for an all inclusive rate of \$125/month. This fee is collected at the first EXTRA-TOUGHS session of each month. Sliding scale and scholarships are available.

EXTRA-TOUGHS Application Form

Name: _____

D.O.B.: _____

Phone: _____

Diagnosis: _____

Height: _____ Weight: _____

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SUBMIT APPLICATION TO:
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