

Fit to Fight

Cancer Empowerment Program

The program

This program is designed to improve the quality of life for you once you have survived the statement, “You have cancer” through a safe, evidence-based exercise experience during and following cancer treatment. The program consists of exercise and education designed to help cancer survivors become ‘fit to fight’ — regaining trust in their body. The length of the program is determined by your physical and emotional progress in meeting your goals.ors the pressure waves created by the cuff inflations and deflations.

Description of services

Comprehensive Program Includes:

- Certified Cancer Exercise Trainers including a Registered Nurse and a Registered Clinical Exercise Physiologist. Other staff include Respiratory Therapists and Registered Dietitians.
- Assessments: History and physical, functional, emotional, and nutritional
- Evidence-based exercise prescription for use in the program and at home
- Education regarding cancer diagnosis, treatment, and potential side-effects
- Emotional support
- Facilitation of communication between participants and their physician
- Multi-disciplinary referrals as appropriate for ongoing support

The program is directed by Dr. Gordon Grieshaber, and managed by Rebecca Tank, Registered Nurse and Lance Maerz, Registered Clinical Exercise Physiologist. Tank and Maerz are Certified Cancer Exercise Trainers, certified by the American College of Sports Medicine.

Equipment available

A variety of exercise equipment is available for exercise such as treadmills, bikes, rowing machines, and ellipticals. Resistance equipment, such as free weights, will also be used to strengthen your body.



Based on your individual needs, we will monitor your heart rate, blood pressure, heart rhythm, oxygen levels, and exercise tolerance throughout each session.

Sessions

The Cancer Empowerment Program sessions typically last 60 minutes, and can be scheduled to fit your need.

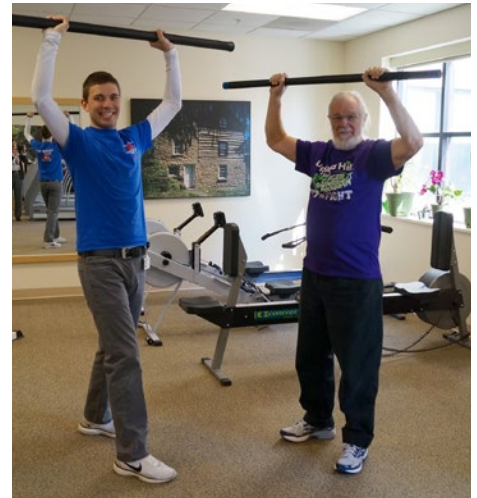
Costs

The initial assessment to set up the program can be billed to insurance. The rest of the program has been designed to fit in most budgets. Call the program staff at 608.930.7160 for details.

An award-winning program!

The Cancer Empowerment Program at Upland Hills Health is the only program of its kind in Wisconsin, and received the 2014 American Association of Cardiovascular and Pulmonary Rehabilitation Innovation Award!

*"My ovarian cancer journey began 3 years ago. After major surgery and two rounds of chemo, my body and spirit were traumatized. **I desired normalcy... more stamina and endurance for daily activities.** My apprehension disappeared as I was greeted by Becky and Lance. Each are professionally equipped to customize a fitness program for me, but more importantly each extends a genuine personal touch. **I received the encouragement and accountability I needed to build my physical stamina and improve my spirits...** it strengthened my heart! The opportunity to meet and exercise with others fighting cancer...other "wounded warriors," enriches, encourages, and empowers my cancer journey." —Mary Robson*



Heart, Lung & Sleep Center at Upland Hills Health

Upland Hills Health offers a complete range of heart and lung diagnostic testing procedures and services:

- Peripheral Artery Disease Rehabilitation
- Cardiac Rehabilitation
- Pulmonary Rehabilitation
- Fit to Fight Cancer Empowerment Program
- Enhanced External Counterpulsation (EECP)
- Health Maintenance Program
- Cardiac Stress Testing
- Lung Function Testing
- Asthma Testing
- Home Sleep Studies
- Outpatient Cardiac Monitoring
- In-house Sleep Studies
- Vascular Studies

All cardiopulmonary personnel are board-certified and trained to provide the highest level of patient care. Upland Hills Health is not affiliated with any single provider and accepts most insurance plans.

800 Compassion Way | PO Box 800 | Dodgeville, WI 53533 | 608.930.8000 | uplandhillshealth.org



Upland Hills Health is a (501)(c)(3) non-profit organization serving Iowa County and the surrounding area. To ensure the viability of this essential community service, please consider contributing to Upland Hills Health Foundation, by calling (608) 930-7169. Thank you.