

# CRUNCH



# STUDIO

## EXERCISING THROUGH YOUR CANCER JOURNEY

Crunch Studio is an exercise clinic specialising in oncology fitness for the past 10 years. Crunch Studios is thrilled to announce its expansion into the Cancer Support Centre at the Sydney Adventist Hospital.

Crunch Studio's exercise specialist Shauna Britton will be available on onsite

**MONDAYS 1200-400 and WEDNESDAYS 1130-330.**

Focussing on meeting individual goals through movement in fitness and strength, Shauna's passion is to improve the wellbeing and movement of each client.

Specialising in ONCOLOGY exercise, whether pre, during or post treatment and surgery, we are here to journey beside you. Oncologists are recommending exercise as BENEFICIAL to treatment and can even make a 40% difference to outcomes.

### EXERCISING THROUGH TREATMENT

Exercise has been proven to show a positive outcome in various ways through treatment.

- increasing chemotherapy completion rates
- reduce symptoms of nausea, fatigue and pain during treatment
- improving mental health
- improving energy levels by increasing general body strength and fitness

### EXERCISING POST TREATMENT

There are many benefits to exercise post treatment.

- regaining PHYSICAL & MENTAL strength and function
- Increasing physical movement, body composition and fitness and strength by starting slow and increasing gradually.
- enables you to return to normal daily activities faster
- enables you to return to sport and more strenuous previous day to day living, using recovery exercises consistently.

### EXERCISING PRE / POST SURGERY

- Pre surgery - building strength in the surgical area, has been proven to enable muscle and tissue to recover faster post surgery.
- Post Surgery - building strength in the surgical area, in the appropriate weeks post surgery, has been proven to assist in quicker range of movement and recovery returning to normal activities faster.

### EXERCISE

- INCREASES strength, muscle mass, bone density, movement to assist with osteoarthritis.
- decreases risk of heart attack, stroke, blood pressure, cholesterol, diabetes.
- reduces risk of secondary health issues
- reduces risk of cancer reoccurrence

### HOW OFTEN SHOULD I EXERCISE

- As often as you can. Any movement is good. Any starting point can be progressed.

It does not matter where you are at. Fit or unfit. Young or Mature, exercise will benefit you and we will meet you where you are at in body and mind. We are here to assist in your journey.

Once you start you will not want to go back! The benefits to exercise are not only rewarding but life changing and an imperative part of physical and mental recovery.

It is a privilege to offer a service that will make a significant difference in the lives of cancer patients and after recovery and those that want to feel the vitality of what movement can do to oneself.

COSA highlights the importance of anyone going through pre/post cancer treatment do an individualised exercise program with a qualified professional.

We would love to hear from you.

**Call us now on 0417 567 321**