

ENERGY

1

A Personal Report for
Jane Doe 1



Exercise Tips

When we last heard from you, you said that getting regular exercise was hard for you because you are too tired. Even though cancer treatment is complete, fatigue can still be a problem. You're not alone! But remember, exercise can actually make you feel better and give you more pep! The following tips may help...

- Exercise in the morning. You'll have more pep the rest of the day!
- Warm up before you exercise—it will make it easier.
- Take a short break if you get tired.
- Drink plenty of water before exercising.
- Rotate exercises that target specific body parts. Don't strain one area for too long.

Remember, the more you exercise, the better you'll feel.



Welcome

Hello Jane Doe 1. In the pages that follow, you will find information on how your diet and exercise behaviors “stack up” to the goal levels that are set just for you. Check out your progress! Read the information that can help you overcome some of the issues that may be standing in your way. We have faith in you—you can do it!

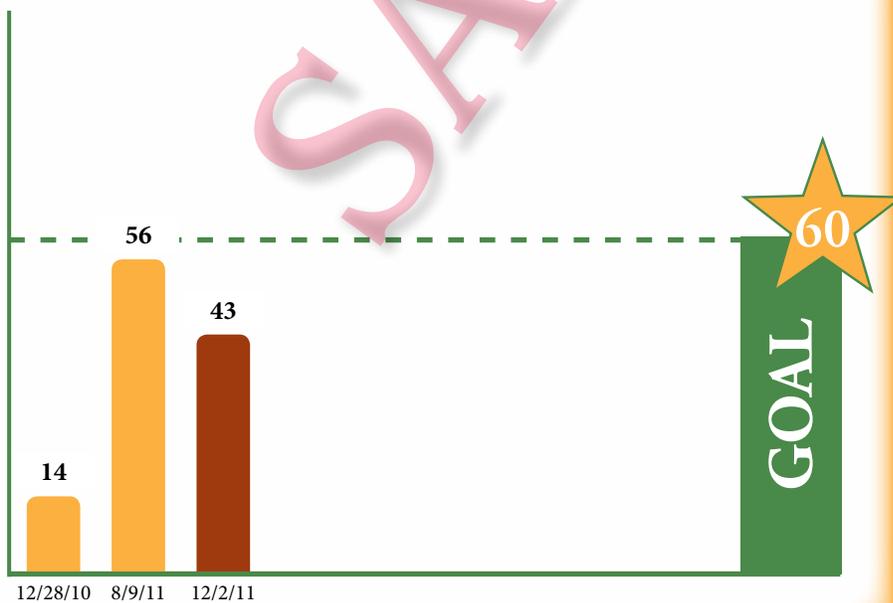


Exercise...It's Good for You!

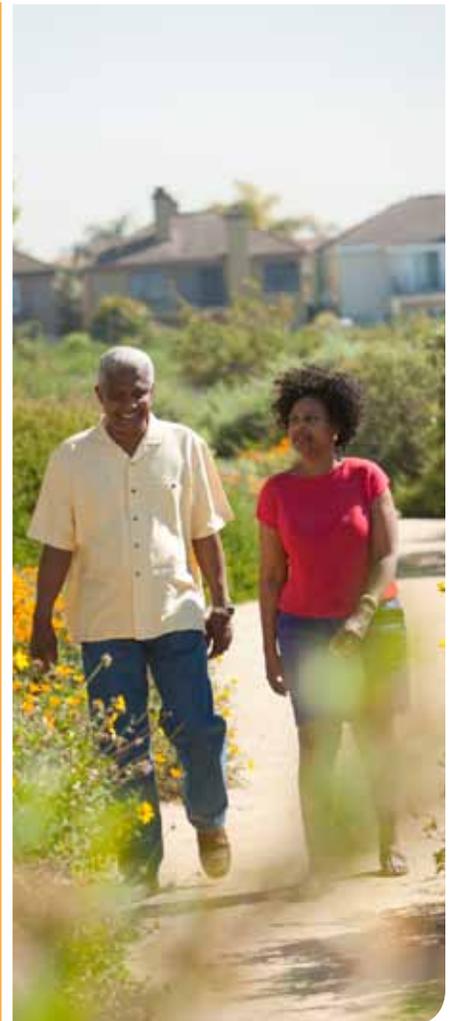
Exercise can play a huge part in helping you recover from cancer—both physically and mentally. Remember to include activities that you enjoy doing into your exercise routine. Make a plan. Get your family and friends moving too. Get everyone moving toward better health!



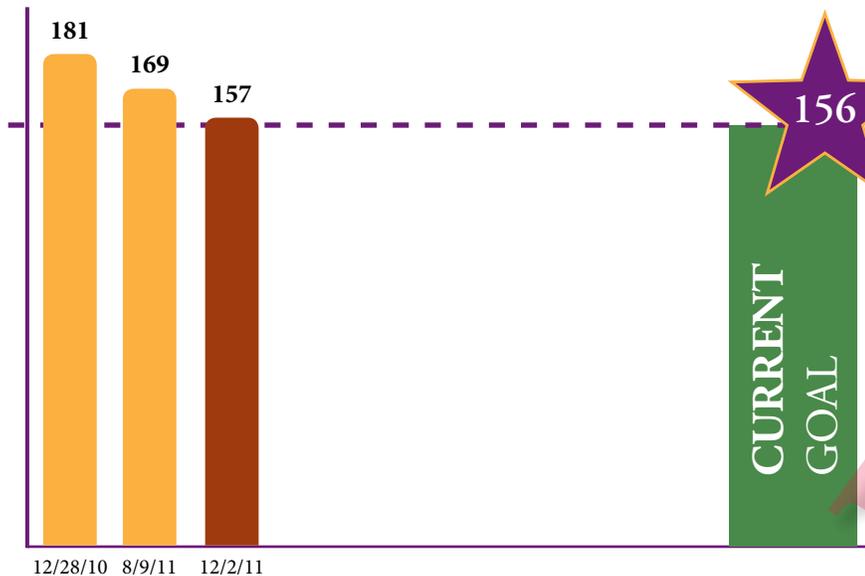
Where does Jane Doe 1 stand compared to the ENERGY exercise guidelines?



The last time we talked, you were short of the 60 minute a day goal. Everyone has set backs now and then. Try adding just ten minutes a day. You'll get there!



Your Weight Goal Progress



Wow! You have really lost a lot of weight over the past few months. You are doing very well and moving quickly toward your weight goal. Pretty soon, you'll get there. Keep pressing ahead. Enjoy the compliments you must be getting—you deserve them!

Healthy Eating Tips

It's tough to keep high levels of willpower at all times. But, if you take the edge off your hunger, it can help. Try one of the following tips: If you curb your hunger, your willpower will surge!

- Eat a cup of raw vegetables.
- Fix a cup of a broth-based soup. There are many "just add hot water" dry mixes at your grocery store—most have less than 50 calories. The packets are easy to carry in your purse.
- Relax with a cup of herbal tea—try one that is fruit flavored or flowery. Read the label to make sure it is zero calories.
- Grab a diet soft drink.





Keep Moving Forward

A diagnosis of breast cancer is a life-changing event, but we're here for you. It's important that you lose weight, exercise regularly, and eat healthy foods. These newsletters are our way of keeping up with you and tracking your progress. You'll receive five more over the next year or so. You have already made healthful changes in your lifestyle. This year, keep moving toward better health!



Fun Facts

Your body has 60,000 miles of blood vessels—enough to go around the world 3 times! If you are 25 pounds overweight, you have 5,000 extra miles of blood vessels. Your heart has to work harder to pump blood through all of these extra blood vessels. When you lose weight, your heart doesn't have to work as hard.

ENERGY

1

A Personal Report for
Jane Doe 2



Exercise Tips

When we last heard from you, you mentioned a few reasons why it is hard for you to exercise. If you plan ahead, it often can overcome many of the things that get in the way of your exercise program. Find a plan that works for you. Here are a few tips.

- Schedule a time for exercise just like you would any other appointment.
- Wake up ½ hour earlier to walk.
- At lunchtime, plan a workout or walk.
- Schedule regular weekend hikes or morning walks with a friend or family member. It can be a good time to catch up with one another—and much healthier than meeting over lunch.

Welcome

Hello Jane Doe 2. In the pages that follow, you will find information on your personalized weight control program, and how your diet and exercise behaviors compare to the goal levels that are set for you. You are a star, you have already met goal for exercise—check it out! In the month ahead, focus on your calorie intake which needs a bit more attention.

PLAN to make exercise a part of your life!



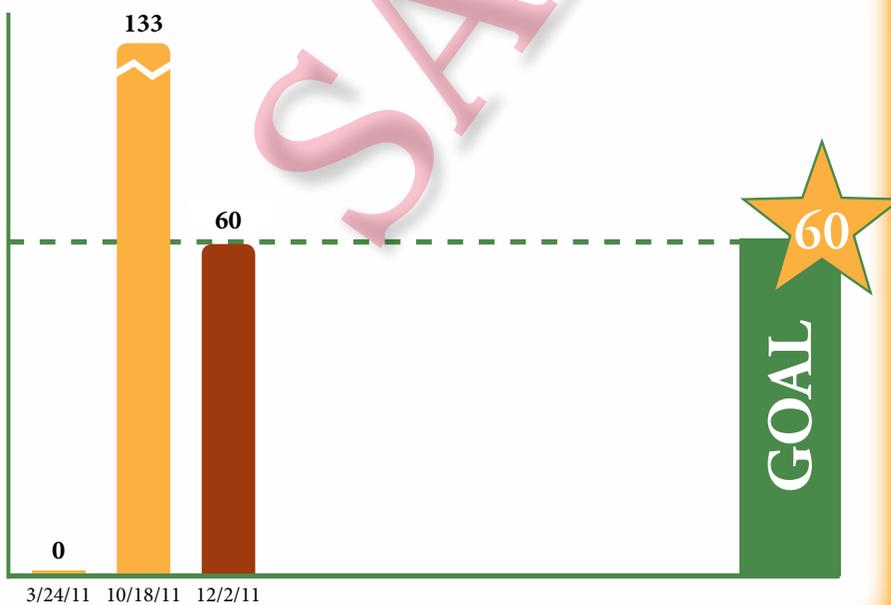


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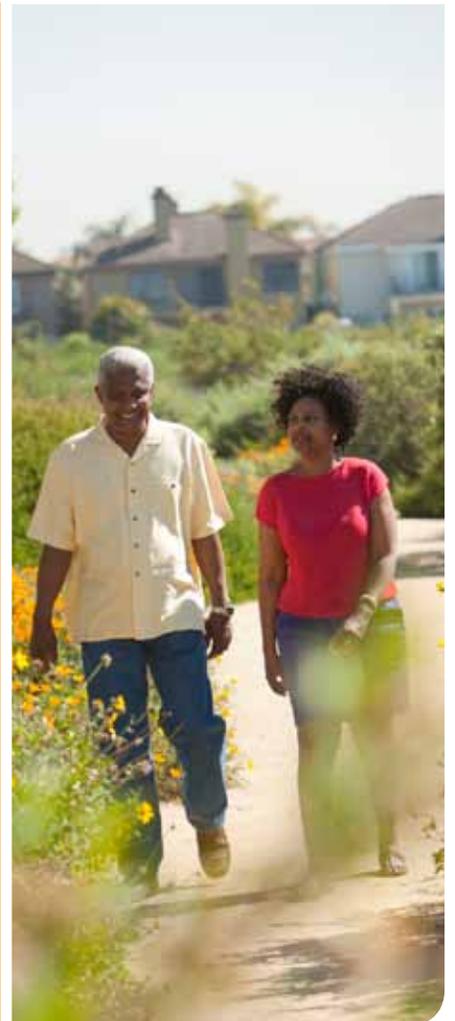
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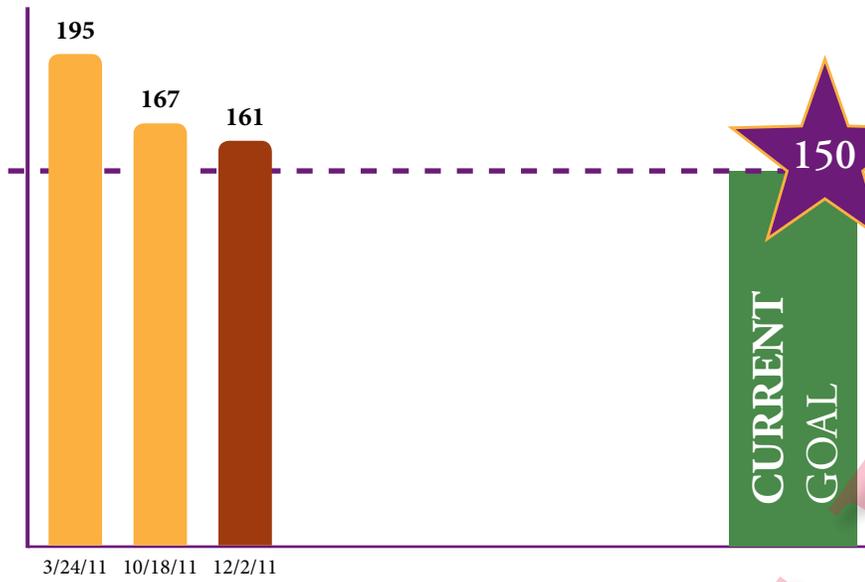
Where does Jane Doe 2 stand compared to the ENERGY exercise guidelines?



The last time we talked with you, you met the goal for exercise. Congratulations, you did it—keep going!



Your Weight Goal Progress



Weight loss may be a little slower as you near your weight goal. But stick with it! This is the weight that really counts. You are doing very well and moving steadily toward your goal. Keep pressing ahead and you'll get there.

Healthy Eating Tips

Losing weight can be tough. Low-calorie foods like diet soft drinks, fat-free dairy products and dressings, breads and desserts (like sugar-free jello and popsicles) can go a long way to fill you up. But, you may have to search a little bit to find products that you enjoy.

- Be willing to experiment. Just because you don't like one brand of fat-free salad dressing, doesn't mean you won't like others. Ask others the brands they enjoy. They may be willing to give you a taste. If not, buy the smallest container and try it.
- Be a detective. Do a computer web search on the best diet products and check their ratings.

Low-calorie products have improved over the years—give them a try!





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ENERGY

1

A Personal Report for
Jane Doe 3



Exercise Tips

When we last heard from you, you mentioned a few reasons why it is hard for you to exercise. If you plan ahead, it often can overcome many of the things that get in the way of your exercise program. Find a plan that works for you. Here are a few tips.

- Schedule a time for exercise just like you would any other appointment.
- Wake up ½ hour earlier to walk.
- At lunchtime, plan a workout or walk.
- Schedule regular weekend hikes or morning walks with a friend or family member. It can be a good time to catch up with one another—and much healthier than meeting over lunch.

Welcome

Hello Jane Doe 3. In the pages that follow, you will find graphs that show how your diet and exercise behaviors “stack up” to the goal levels that are set just for you. There is no doubt that you are a star, but you may be exercising a little too much or losing weight a little too fast. Talk this over with your group leader.

PLAN to make exercise a part of your life!



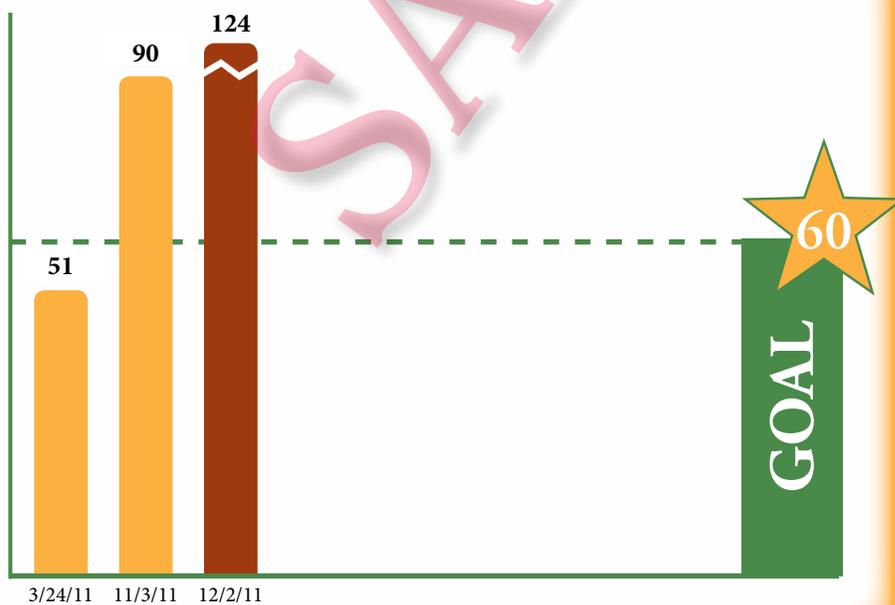


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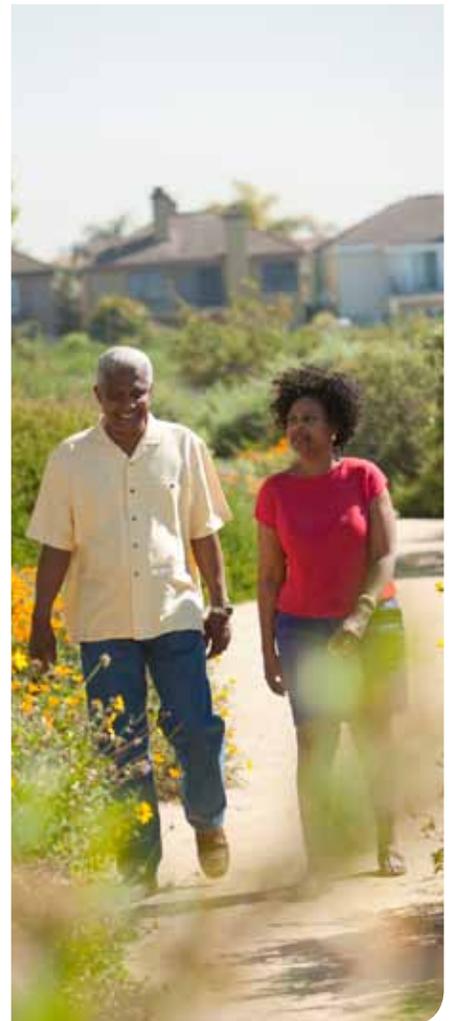
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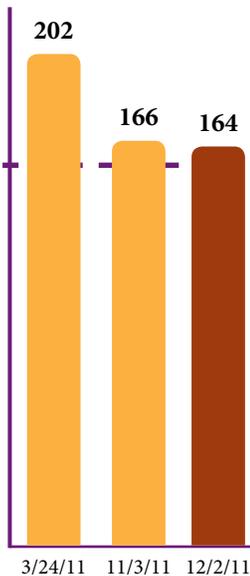
Where does Jane Doe 3 stand compared to the ENERGY exercise guidelines?



The last time we talked with you, you not only met the goal for exercise—you surpassed it.



Your Weight Goal Progress



CURRENT
GOAL



Wow! You met your last weight goal and you're still losing weight. Have you revised your weight goal? Talk it over with your group leader the next time she calls. Getting to a lower weight is good, but you need to keep within reason.

Healthy Eating Tips

Eating out can be tough when you're trying to lose weight. Planning ahead can help. Before you head out, take the edge off your hunger. Try one of the following tips:

- Eat a cup of raw vegetables.
- Fix a cup of a broth-based soup. There are many "just add hot water" dry mixes at your grocery store—most have less than 50 calories. The packets are easy to carry in your purse.
- Relax with a cup of herbal tea—try one that is fruit flavored or flowery. Read the label to make sure it is zero calories.
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