



(formerly Summit Cancer Solutions)
A support group on the move!

Cancerfit is a six-month program for adult cancer survivors of all ages and fitness levels. Participants are both men and women who have survived every type of cancer.

Exercise physiologists with a cancer specialty oversee all aspects of the exercise regimen, which aids in recovery and general fitness during and after treatment. The fitness program includes flexibility, cardiovascular and strength training.



Contact the Cancer Fitness Institute at
Colorado Parks & Recreation Association
for more information

303.231.0943

POB 1037, Wheat Ridge, CO 80034

www.cpra-web.org

www.summitcancersolutions.org

cpra@cpra-web.org



*An Exercise Program
for Cancer Survivors*

Cancer Fit, Inc., is a program of the Cancer Fitness Institute, (formerly Summit Cancer Solutions), dedicated to providing cancer survivors with affordable and empowering exercise programs in a healthy, positive, non-intimidating environment within their community.

How does exercise benefit a cancer survivor?

- Improves cardiovascular endurance and muscular strength
- Reduces fatigue
- Improves ability to perform day to day duties
- Enhances mood and reduces anxiety
- Reduces pain and nausea
- Refocuses energy from illness to wellness



Participants receive:

- Pre and post fitness assessments
- An individualized exercise plan based on overall fitness levels, personal goals, surgeries and side effects from cancer treatment
- One on one professional exercise guidance
- Participation in an exercise class just for survivors
- Personal training
- Unlimited use of the recreation center
- A lot of support and fun with fellow survivors!



Testimonials...

'The spirit and support of this program helped me feel normal again, and not only normal, but blessed.'

– Kelley A., breast cancer survivor

'When cancer strikes it is a loss of control... loss of confidence in your body... loss of so many things. With exercise you are able to take back your strength... your energy... your life. That is what Cancer Fit has done for me.'

– Robin H., breast cancer survivor

'Gratefulness sums it up. It could be intimidating for us cancer survivors to work out alone with bald heads, weak bodies, or the pallor on some of our faces. But there is strength in doing it together and I will remember the friendships I made in this program. I am blessed to have been involved in this program.'

– Gayle T., kidney cancer survivor



Cancer Fit Locations

New sites opening in 2012!

For up-to-date locations, program information and costs, please visit www.summitcancersolutions.org

Centennial

- South Suburban Park and Recreation Goodson Recreation Center
- The Trails Recreation Center

Denver

- Montclair Recreation Center

Evergreen

- Wulf Recreation Center

Fort Collins

- Northside Aztlan Community Center

Fruita

- Fruita Community Center

Lakewood

- Carmody Recreation Center

Littleton

- Foothills Park and Recreation District
- The Peak Community Wellness Center
- Club USA

Louisville

- Louisville Recreation Center

Minnesota

- Winona State University, Winona, MN

Northglenn

- Northglenn Recreation Center

Parker

- Parker Recreation Center

Wheat Ridge

- Wheat Ridge Recreation Center