



Cancer & Exercise

I lost my father to Brain Cancer in 2008 and a close friend in 2009. It was at this time I made it my personal quest to fight back against cancer by educating cancer survivors on proper exercise and nutrition to strengthen the body and mind. Most of the survivors I am working with are currently battling breast cancer. I have watched ALL of them grow stronger both physically and emotionally in a very short time. Their flexibility, self confidence and energy levels sky rocket!

“After surgery, chemo, and radiation, I found someone to push me, encourage, cheer, console, challenge, measure, and counsel me to become a better “NEW” me. I found Sandra and she helps me find, in myself, the resources I need to heal.” JUNE

For more information please contact:
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Cancer is a horrible disease that has without doubt touched and plagued all of our lives. Often the biggest challenge for survivors is overcoming the fear of the unknown. It is not until they realize that action and a positive attitude can affect the progression or regression of their cancer.

Cancer patients, who exercise, live longer, benefit from reduced nausea and pain, improve cardio vascular endurance and strength, reduce fatigue and improve their ability to work outside the home. A healthier lifestyle also helps alleviate depression and anxiety that often follows diagnosis. Of course, every individual's situation is unique and all survivors should consult with their doctors on a plan of action for recovery and prevention of reoccurrence.

Whether battling cancer or as a preventive measure against all disease, exercise is an important weapon with numerous health benefits! Research shows that exercise may cut the risk of breast cancer in normal weight women. In fact, women who exercise regularly between the ages of 13-35 have a lower risk of breast cancer and the reoccurrence rate and death rate of breast cancer decreases by up to 40%.

At Alvarez Fitness I help survivors move their bodies to a more alkaline state - a process of balancing one's body chemistry to help prevent disease, rid the body of stored acidity and lose weight in the process.

We use kettlebells, an ultimate tool for all-round fitness, to minimize the risk of training injury while working more areas of the body all at one time.

Continue to fight cancer one push up at a time; one kettle bell swing at a time!

“...you add fuel to my fire ... things I have been told that I would not do, to be careful of.... all those things we have tackled and I have won.” KELLY

“I am always stronger after a workout. Even though my body may be tired, I am clear headed and ready to face the challenges on my doorstep. Exercise, like so many other things the doctors don't tell you about is one of the keys to being me again - the me before I had cancer.” AMY