

Ascension All Saints Fit To Fight Preventative Health and Wellness Program

Fit to Fight is a program for patients currently undergoing cancer treatment, or cancer survivors who have recently completed treatments in our Ascension WI Cancer Care Centers. One support person may also attend with the patient.

In partnership with the Cardiovascular and Pulmonary Rehabilitation Department, **Fit to Fight** is an exercise program designed to reduce treatment related side effects, such as fatigue, weakness, shortness of breath and can improve overall quality of life. Classes are twice weekly with multiple time options to meet your schedule.

Facts About Cancer and Exercise

- Exercising during cancer treatment eases fatigue, anxiety and depression while improving quality of life and physical function
- Exercise may be beneficial for bone health and sleep quality
- Exercise may actually help your treatments work better (improved efficacy)
- May reduce side effects of chemotherapy and radiation treatments
- Reduces your risk of new cancers and may reduce your risk for recurrence

The Fit to Fight Program Includes:

- Individualized health screening prior to starting exercise
- Coordinated care with your Cancer Care Team
- Access to American College of Sports Medicine (ACSM) certified Clinical Exercise Physiologist
- Access to a state of the art exercise facility

Fit to Fight Cost

- Patients receiving care through the Ascension Cancer Center may qualify for a scholarship. The scholarship includes a 3 month membership for the cancer patient and 1 support person to the Cardiovascular and Pulmonary Rehab Department's Preventative Wellness Program. These scholarships are coordinated through the cancer navigator team. Please reach out to a cancer navigator or call number below to apply.
- For patients who do not receive cancer care through Ascension, the cost is \$45.00 per month for one person or \$75.00 per month for a married couple.

To register for this program or for more information, please call 1+(262)687-4377