



Living through cancer with exercise

Sunflower Wellness provides therapeutic movement and exercise for people living with cancer.

Board of Directors

Bill Bain, President	Regan Fedric
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November - December 2012

3...2...1... **RELAUNCH!** Introducing the new sunflowerwellness.org!

It's taken a year, but the redesigned sunflowerwellness.org went live in October. The new website will allow us to make our wellness programs more accessible to all of our participants. As Sunflower Wellness grows and matures, it's important that our site is able to do the same and remain accessible to everyone who visits it. The key focus areas of the new design are:

- Modernization and simplification of site navigation
- Improved access to class information, and a new video section
- A wellness information library of the latest research available on exercise and nutrition
- Audience-specific areas and improved communication about our work
- A resource center for family and friends in the cancer community
- Improved visibility of the donation button
- A volunteer outreach area
- Connections to social media, a powerful way to share and connect with our wellness-focused community
- Doctor-focused area aimed at increasing involvement and exercise prescriptions

Do you have a good idea or suggestion for the site? We want your input! Take a look at the new website and please let us know your thoughts. We hope you enjoy it!

500 Exercise Counseling sessions at UCSF — and — Stanford program opens 2013

Sunflower Wellness achieved some amazing milestones in the last 6 months!

First, we reached our 500th cancer-exercise counseling session at UCSF's Helen Diller Comprehensive Cancer Center in mid-October. Those 500 appointments and all follow-up sessions and phone calls were conducted by Jane Clark and Regan Fedric, our two intrepid exercise counselors. Congratulations to Jane and Regan for their incredible dedication and hard work!



Regan Fedric



Jane Clark

We've recently partnered with the Stanford University Medical Center and will begin a weekly onsite cancer-exercise counseling

program and class, all starting in January 2013. Jane and Regan will jointly staff that program as well.

Sunflower Wellness has also begun recruiting and training new exercise counselors, which is a big step forward for us. This year, our first new counselor will graduate from our training program, with more to come as we expand our services to even more locations.

Also in this issue:

- *Nutrition: Surviving with Good Bo0b Food*
- *Research news: Lifestyle Factors and Survivorship*
- *Exercises of the month: Warm-up and stretch **videos!***

Now you can



find us on facebook

Surthriving with Good Bo0b Food

Sunflower Wellness continues its series on Nutrition and Cancer, graciously authored by Cecelia Ottenweller, a survivor living in Houston.

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.” -- Maya Angelou.

About this time last year, I co-wrote an article for the Sunflower Wellness newsletter with the great and powerful Natalie Ledesma, the extremely smart oncology nutritionist and all-around great person. Beyond being a wonderful excuse to reconnect with Natalie, that project was an illumination for me; I learned so much from her! This shouldn't have been a surprise - I'd spent so much time ignoring her wonderful advice while I was going through my second round of chemo treatments for breast cancer in 2007 that nearly everything she and I talked about to write that article was information that had not stuck properly to my teflon-coated brain the first time around. Why didn't I listen? Simple: I was mad. I had been handed a second dose of cancer, and though my sense of humor was fully engaged and I spent a lot of time laughing at my strange situation, inside I was also seethingly pissed-off. I wanted to LIVE. Strangely, that meant NOT behaving by doing healthy things like working less, sleeping more, exercising and eating better. I was intent on being NORMAL: no silly diets! Riiiiight. That didn't get me very far.

Thankfully I had a second chance. And this time I paid close attention.

At the time I was working on the Sunflower article, I was struggling with some pretty rough side effects from the generic form of my ongoing drug treatments. Life had become a bit harder to bear: my hair was falling out in earnest, my joints ached horribly, other systems became... well, slow to move might be a good way to put it... I used the writing of the article to reconnect with Natalie and get some much-needed support that I was too proud to ask for. It allowed me to step tenderly again into a relationship with her and hope she'd forgive me for being such a putz.

She did. I'm grateful.

Natalie and I worked out a 28-day cleansing diet that started September 3, 2011. I had no dairy, sweeteners of any kind, limited nuts, eggs, red meat, caffeine and gluten for 28 straight days and no, I didn't cheat a single

time. I did wake up on the third night wanting to eat my pillow, but after that, it was mostly smooth sailing. I know it sounds like torture to some, but it wasn't bad. I really got into being more mindful about what I ate.

Since then, I've cleaned up my act considerably. Dairy, caffeine and gluten have found their way back into my diet, but only in moderation, especially with gluten. Sugar has been cut way down. I've reframed the way I think about different kinds of food and have made some lasting changes. And gratefully I've lost almost 30 pounds since that first day on the cleanse.

I cooked up a name for my new healthier regimen: Good Bo0b Food. And just what is Good Bo0b Food?

- A thoughtful way of eating that considers what's good for me, for my community and the other living things around me.
- A redefinition of what actually "feeds" me: It's not just about what goes into my mouth, it's about what feeds my spirit, my emotional well-being, my community.
- A reconsideration of what it means to be truly alive and actively LIVING.

Good Bo0b Food means not only eating as many veggies as I can daily, but finding good veggies that are grown responsibly. And not only eating them, but *playing* with them, having *fun* with my greens. "How many ways can I have an adventure with those gorgeous turnip greens I bought at the farmers market last week?" (Trust me - there are several.) Then, I share those greens: I serve them to my husband and we gobble them up. I make a gratin or gorgeous gumbos with them and have a party, inviting all my neighbors to hang out on the front porch.

But Good Bo0b Food is not just about food. I've found so many ways to redefine "food": It's not just about what feeds me, but what truly sustains me, what builds me and what supports me as a part of a larger community, such as Sunflower Wellness. And this is where I take off my mask. Sunflower was built upon the foundation my brother Chris Goad established just before he died. (See the website for more about this amazing man. And yes, the great irony is that I developed cancer after Chris died.) So, Good Bo0b Food is also about realizing my brother's vision, to help people living with cancer get moving and find a new definition of "wellness".

In the end, I've found a way to not just survive, but as Maya says, to thrive. So, perhaps I can say that living

the Good Bo0b Food way means I'm "surthriving" by feeding all aspects of my being: physical, mental, spiritual, and emotional.

How good can life get?

Interested in exploring the Good Bo0b Food lifestyle? Check out Deborah Madison's James Beard Award-winning "Vegetarian Cooking for Everyone." A very accessible vegetarian "bible" that not only lets you explore recipes by type of dish, but the middle of the book is arranged like an encyclopedia in the center where you can look up nearly every vegetable under the sun!

You'll also find more on our new website at <http://www.sunflowerwellness.org/Nutrition>.

Research News:

Lifestyle Factors and Survivorship

By Trisha Hue, PhD, MPH

Sunflower Wellness Board Secretary

Over 12 million cancer survivors are estimated to live in the U.S.¹ and there is increasing interest in the survivorship period. Recent research has focused on links between lifestyle factors, such as body weight and physical activity, and cancer prognosis. Based on the evidence thus far, the American Cancer Society² and the American College of Sports Medicine³ have both issued lifestyle guidelines, which recommend that survivors participate in moderate-intensity physical activity, daily (i.e., 150 minutes per week, at minimum, of moderate aerobic exercise, such as walking).

In October 2012, the journal of the American Society of Clinical Oncology published a review article⁴ on the evidence to date and concluded that lifestyle behavior changes after cancer diagnosis are achievable. The author noted that in light of the current data, survivors "who are able to lose weight, exercise more, and improve their diets experience quality of life and other benefits" related to survivorship.

References: ¹Howlader N, Noone A, Krapcho M, et al. SEER Cancer Statistics Review, 1975-2008 (2011, Bethesda, MD); ² Doyle C, Kushi L, Byers T, et al. Nutrition and physical activity

during and after cancer treatment: An American Cancer Society Guide for Informed Choices. ca: A Cancer Journal for Clinicians 2006;56:323-35.; ³Schmitz KH, Courneya KS, Matthews C, et al. American College of Sports Medicine roundtable on exercise guidelines for cancer survivors. Med Sci Sports Exerc 2010;42:1409-26. ⁴Ligibel J. Lifestyle Factors in Cancer Survivorship. J Clin Oncol. 2012 Oct 20; 30 (30): 3697-3704.

By the numbers

UCSF Exercise Consultation stats

- Program start: April 15, 2010 (Over two years ago!)
- Over 760 patient phone inquiries logged
- Over 520 patient consultation sessions held to date
- Patients who report they now exercise: 77.4%
- Average STRESS reduction: 25.3%
- Average FATIGUE reduction: 25.4%

Sunflower Exercise program stats

- Weekly exercise classes offered (currently): 11
- Total clients served: 300
- Class sessions logged: 1,456
- Personal training sessions: 392
- Total client- hours of exercise: Over 8,000

New classes at Bay Club Marin

Please join us for Medical Qigong classes every Sunday morning from 11:00 am-12:00 pm in Studio 2 at Bay Club Marin in Corte Madera.

Sunflower Wellness class instructor Denise Aubin writes: "Qigong is an ancient healing art form that strengthens your immune system and reduces stress, anxiety, and depression. These simple, yet profound movements can be easily learned and incorporated into your daily life. The gentle, low impact exercises build strength, restore balance, and increase flexibility. Come learn a series of easy, effective movements to strengthen the body, quiet the mind and balance the emotions while connecting with the heavens, earth and nature. The practice of Qigong will increase energy and your sense of well being. You will leave the class feeling happy and invigorated. I hope you will join us!"

COPYMAT

Sunflower Wellness wishes to acknowledge and thank Copymat (455 Market Street, Suite 180, San Francisco) for their generous printing support for this newsletter mailing.

Exercises of the month: Warm up and stretch selections from the VIDEO LIBRARY on our website!

Regan says: It's time for a short homework assignment. No need to get out your pens – just head to www.sunflowerwellness.org and find the Exercise Videos on our new website – they are under “Get Educated” on the top menubar. Here are a few examples of the available videos, focused on upper body stretches.



- 1) ***Warm up before you work out!***
It's the right way to start *every time* you exercise. Just scroll down on the Videos part of the website to find Regan's video.
- 2) ***Upper carriage stretch, 3 parts***
Let Sunflower Wellness board members Annie Stackhouse and Bunny Rust show you easy stretches you can do anywhere.
- 3) ***Passive stretch on a foam roller***
Movement and exercise don't have to exhaust you. Watch these simple and relaxing arm stretches. Just look in the *foam roller* section.

A Labor of Love

All of us at Sunflower Wellness wish to add a special thank-you to Bill Bain, Sunflower Wellness co-founder and President. Bill has said: "I'm not one who does this to take bows. For me it's a labor of love." For several years now, Bill has tirelessly and enthusiastically dedicated numerous hours to running the organization and has spent much of the past year building the new website. We'd all like to say... a great big thanks, Bill!



Bill Bain

Carrie Bonnet, board Treasurer, adds: "I am extremely grateful for Bill's extensive contribution and support to Jane and Regan in keeping Sunflower Wellness and Chris Goad's dream alive. I personally benefit, as I have

learned firsthand that exercise truly is the only 'magic pill' when it comes to cancer survival. Thank you Bill!"

And Jane has this to say: "Bill is like the Johnny Appleseed of Sunflower Wellness and the field of cancer & exercise. He plants seeds, waters regularly and watches them grow. He also tends to things with improved procedures, website enhancements and TONS OF LOVE. He's a true gardener!" –Jane Clark

In Brief

- ***Thank you to Club One Fitness!***
After two years, Sunflower Wellness must unfortunately end its exercise program at Club One Fitness at Fillmore Center in San Francisco. The timing of classes and marketing limitations prevented us from building up our two classes there to a sustainable level. Even so, we remain extremely grateful to the staff and management of Club One Fitness, to our instructors Jane Clark and Chad Stose, and to our fantastic class participants – all of whom are welcome to join our program at The San Francisco Bay Club.
- Available now: you can ***follow us on Facebook***. Just look for Sunflower Wellness. We welcome your feedback! You can also find us on Twitter at [@sunflowerwell](https://twitter.com/sunflowerwell), which feeds onto our website.
- This summer, we added ***a special yoga class*** at Bay Club Marin called "Yoga with Weights", taught by Sherri Baptiste. It has quickly gained a following – we invite Bay Club Marin and Sunflower members to join us on Tuesdays from 12:30 to 1:30 pm.
- Finally, ***Amy Landers*** has joined our team of instructors with a great class, "Cycling, Stretching and Strength," Fridays at noon at Bay Club Marin.

Sunflower Wellness kindly requests your support. Please visit our website to donate.