

Cancer Management and Exercise

*“Sometimes in our lives
we reach rock bottom.
For each of us it’s dressed up
differently, but for all of us
it can be devastating.
This can be our awakening.
Some people call it a breakdown;
I believe it is a **breakthrough.**”*

From diagnosis through recovery and beyond... learn the correct way to workout and feel... INVIGORATED!

Medical studies show that people fight cancer more effectively when proper exercise, good nutrition and stress management are added to their medical treatments - and have better diagnostic outcomes. Doctors are now prescribing exercise both during and after treatment. Unfortunately, most patients will go to gyms not suitably clean, or to personal trainers that do not have the proper education, experience, or special training techniques; and have disastrous outcomes.

Val Strang is a Master Personal Trainer and Advanced Cancer Exercise Specialist with the Cancer Exercise Training Institute, and the owner of rock. Workout, a fitness studio located near St. Louis University.

Working individually with you in an extremely clean workout facility, Val can help you minimize the side effects of treatment, reverse postural and range of motion issues that arise and focus on working with the **WHOLE** body, not just the area affected.

You will go through a *thorough* comprehensive evaluation including range of motion, measurements, postural and structural assessments to help determine muscle imbalances, with frequent reassessments and communicating with the most important group – your personal medical team of physicians. (Doctor’s permission required.)

Feel stronger... EMPOWERED! Preserve your freedom and independence. Exercise has been scientifically proven to aid (physically and mentally) in the treatment of cancer and other chronic issues. Take charge! Get stronger!

***We can help you make a difference in your life!
Call today!***



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