

# Fitness Incentive

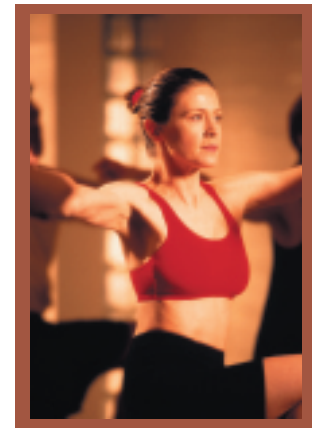
## Pink Ribbon Training

If you can answer yes to one or more of the following questions, then Fitness Incentive Pink Ribbon Training is for you.

- Have you been diagnosed with Breast Cancer?
- Are you currently undergoing treatment for Breast Cancer?
- Are you a Breast Cancer survivor?

Coping with and recovering from Breast Cancer changes your life. Regardless of the type of treatment you receive, you may experience an impaired immune system, decreased self-esteem and depression, decreased range of motion, and extreme fatigue. One of the best ways to combat these side effects is through daily moderate physical activity.

Fitness Incentive Exercise Physiologists have developed the Pink Ribbon Training Program as a way to empower women coping with breast cancer by helping them improve their health through regular exercise, both during and after treatment. The program makes physical activity a top lifestyle priority for each individual and aids in smoothing the transition into “survivorship.”



### *Pink Ribbon Training includes:*

- ✓ A comprehensive cardiovascular, body composition, flexibility and medical history evaluation
- ✓ Upper body mobility and range of motion assessment and exercises
- ✓ Lymphedema monitoring
- ✓ Arm pumping motions to decrease potential swelling in effected limb(s)

### *Benefits of Pink Ribbon Training include:*

- ✓ Increased muscular strength and endurance
- ✓ A strengthened immune system
- ✓ Reduced anxiety and depression
- ✓ Increased energy
- ✓ Better sleep patterns
- ✓ Increased self-esteem



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