

**WHAT IS CANCER REHAB?** Cancer Rehab is a free, supervised program offered to cancer patients at Baptist. Our Healthplex staff oversees the program. It includes a limited assessment, exercise on equipment in the Activity Room and chair aerobics. Patients will be given an orientation to the equipment which includes treadmills, Airdyne® bicycles, resistance bands and free weight dumbbells. Our Healthplex staff will create an individualized exercise program. Patients in the program will also be offered other services, such as nutritional counseling, as well.

**WHY HAVE CANCER REHAB?** Regular exercise is an important part of the recovery process. By improving your stamina, muscle tone and muscle strength, you not only will feel better physically, but also emotionally. Exercise can help counteract problems such as stiff joints, breathing problems, poor appetite and psychological lows. Seeing improvement in yourself can be a real boost, particularly when you are adjusting to the stresses of returning to a normal lifestyle.

**WHEN IS CANCER REHAB OFFERED?** Sessions are offered at 2:00 p.m. on Tuesday and Thursday afternoons in the Activity Room located on the second floor of the Hederman Cancer Center. Sessions vary in length from thirty minutes to one hour depending on the skill and fitness level of the participant. Call 601-948-6262 for more information.

#### **BENEFITS OF EXERCISE FOR A CANCER PATIENT**

- May be a helpful way to channel stress
- Promotes good circulation and encourages normal functioning of your body
- Helps combat depression and promote feelings of well-being
- Helps prevent muscle atrophy from prolonged bed rest

