



## Cancervive: Spin Fitness Challenge - Movement and Meditation Programs

### Intended Audience

For all members including people living with cancer, family members and significant caregivers.

### Program Description

Cancervive SpinFitness Challenge is a two month introductory level spin training program. The goal of the program is to have fun, enjoy the benefits of fitness and prepare as a group for a Spring Fitness Challenge. Sessions are seasonal, offered at a local spin and fitness lab, TCR Sport Lab.

### Benefits and Impact

Exercise is widely considered essential for health and wellbeing. In this endeavour, there are numerous added benefits such as group camaraderie, inspiring leadership and the confidence of learning a new skill. For Wellspring Calgary members, the Cancervive: Spin Fitness Challenge can be especially meaningful, a significant achievement that transcends illness and inspires hope and the desire to work with a team on a common goal. Other measurable benefits include:

- regular exercise which can lead to lower blood pressure, improved energy, weight loss and stress relief
- motivation and focus on a goal
- extreme fun

### What to Expect at a Session

Training sessions take place once per week for one hour at TCR Sport Lab. It is best, for comfort and optimum performance, if you bring your own bike to set up in the lab each week, although we can help you find a 'loaner'. Each session is learning and skill-based, meaning exertion is low with only a moderate increase in heart rate expected. Each person is coached to his or her individual ability and skill level. Participants are not required to have any previous training or experience. ParQ or PARmed-X forms are required (download from website).

### Participant Comments

*"Setting a goal and working towards it is gratifying."*

*"I love the energy."*

*"I never thought I would be able to do it."*

### Related Programs:

Exercise and Educate  
Healthy Steps  
Moves in Rhythm  
Outdoor Fitness  
Pole Walking

### What the Research Says:

Scientific literature indicates that "physical activity improves cardio respiratory fitness during and after cancer treatment, symptoms and physiologic effects during treatment and vigor post treatment." (Schmitz K.H., et al 2005.)

There is irrefutable evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases (e.g. cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death. (Furthermore) There appears to be a linear relationship... a further increase in physical activity and fitness will lead to additional improvements in health status (Warburton D.E.R., et al 2006).

#### FOR RELATED RESEARCH CLICK HERE:

<http://www.ncbi.nlm.nih.gov/pubmed/16030100>  
<http://www.ncbi.nlm.nih.gov/pubmed/16534088>

### Program Frequency:

**2 hours** per week  
**16 weeks** per program  
**Seasonal:** 1-2 sessions per year  
(winter, spring)

**Member Hours 2012:** 298  
**Members per week (optimum):** 12

