

# THRIVE ONCOLOGY FITNESS PROGRAM

Wellness News | October 2025



## Welcome to fall, survivors!

### UPCOMING CLASSES:

**Tai Chi:** 12:15 to 1 p.m., Friday, Oct. 17 & Friday, Nov. 7

**Flow Tai Chi & Snack with the HPCC Dietitian:** 12:15 to 1:15 p.m., Friday, Oct. 24

**Weight Training:** 12:15 to 12:45 p.m., Tuesdays & Thursdays, Dec. 9 - Dec. 18

*\*All Classes in HPCC Community Room.*

### EXERCISE STATISTICS:

- At one point, exercise during treatment was considered a gray area and was often not recommended. Now, years of clinical trials have proven that exercise during cancer treatment has improved patients' symptoms and side effects from both radiation and chemotherapy.
- Clinical trials also indicate that physically active patients who underwent surgery recovered faster and were less likely to have complications post-surgery.
- Anxiety, depression and fatigue were all lower in patients who were more active, leading to a higher quality of life.
- Staying active helps patients engage in the grind of a schedule and day-to-day activities (whether the activities are vigorous or not).
- Guidelines now indicate exercise is not just safe for patients, it is good for patients to participate in.
- Regular aerobic exercise is a great place to start to avoid overdoing it in the early stages of starting activity. This can include walking, jogging, bicycling, or exercising with light weights/ resistance bands. This is recommended for patients whose cancer has not spread past its diagnostic site.

## MEET OUR ONCOLOGY FITNESS STAFF!



<p><b>Name &amp; Title:</b> Nichole Plagge, PT, PORi Certified Oncology Rehabilitation Specialist</p>	<p><b>Name &amp; Title:</b> Matt Templeton, BA Exercise Science   Minor, Coaching</p>
<p><b>Hometown:</b> Guttenberg, Iowa</p>	<p><b>Hometown:</b> Eagle River, Alaska</p>
<p><b>Education:</b> Mount Mercy University and St. Ambrose University</p>	<p><b>Education:</b> University of Oregon and University of Northern Iowa</p>
<p><b>Favorite Sports Team(s):</b> Iowa State Cyclones &amp; Michigan Wolverines.</p> <p><b>When not working I enjoy:</b> Being outside; spending time with my family and three huskies; hiking; running; traveling; or volunteering for animal rescue.</p>	<p><b>Favorite Sports Team(s):</b> Oregon Ducks</p> <p><b>When not working I enjoy:</b> Playing with my three kids; traveling; working out; watching University of Oregon sports.</p>

## **COMMUNITY SURVIVORSHIP OPPORTUNITIES**

**Walk into Wellness:** Join us for a walk in nature! We will observe the beauty of nature, do a mid-walk reflection and perhaps some flower or bird identification/watching. These walks are 1 to 2 miles in length. 5:30 to 6:30 p.m.

*All activities are free for survivors!*

### **Prairie Park Fishery**

2125 Otis Rd SE, Cedar Rapids; bathrooms available; handicap accessible trail, paved. Low difficulty. 1.8 miles

September 7: Prairie Park Fishery

September 14: Prairie Park Fishery

September 21: Prairie Park Fishery

September 28: Prairie Park Fishery

### **October Walk into Wellness**

6665 Otis Rd SE, Cedar Rapids; no bathrooms available. Variable trails between prairie and wooded, some inclines available. Benches available on trail. 1-2 miles

October 12: Indian Creek Nature Center, meet at Amazing Space

October 26: Indian Creek Nature Center, meet at Amazing Space

### **Survivor Retreat**

October 18: Survivor Retreat at Prairiewoods Franciscan Spirituality Center, 9 a.m. to 1 p.m.; details to come!