

THRIVE ONCOLOGY FITNESS PROGRAM

Wellness News – July 2025



Welcome to summer, survivors!

UPCOMING EVENTS:

Summer Tai Chi

1 to 1:45 p.m., Thursdays, July 10, 17, 24 & 31

Meet in the Hall-Perrine Cancer Center lobby

Class is weather-dependent and will be in the garden or in a conference room.

Call (319) 369-4485 to register.

COMMUNITY SURVIVORSHIP OPPORTUNITIES

Live by Living is a cancer survivorship group based in Colorado with a chapter here in Iowa. It offers a weekly Walk into Wellness on various trails throughout town. These are guided walks, one to two miles in length, focusing on nature. Additional events will be added throughout the summer and fall. Live by Living also offers online exercise opportunities.

Register at www.livebyliving.org for all activities.

EXERCISE TIP

Did you know that walking is considered the ultimate exercise? Harvard studies have shown that walking:

1. Counteracts the effect of weight-promoting genes
2. Helps tame a sweet tooth
3. Reduces the risk of developing breast cancer
4. Eases joint pain
5. Boosts immune function

Walking can be done indoors or outdoors in short or long segments. One long walk per day or several short walks per day are both wonderful for you!

Why is it important to get up and move?

Research indicates that sitting or standing all day at work is not good for our health. We're built to be mobile, and staying stationary for long periods of time can cause damage to our bodies.

Steps per day ... too low? Too high?

Based on a study by Mayo Clinic, the average American walks 3,000 to 4,000 steps (around 1.5 to two miles) per day. While some experts claim we should walk 10,000 steps per day, it's important to find your baseline of what you currently walk and then slowly add to that number. Setting small, reasonable goals is important here: Trying to jump from 3,000 steps to 10,000 steps in one week is not realistic. You're essentially competing with yourself. The goal here is to walk more each day, each week and slowly build up to a higher number. For those of you who currently may be walking 10,000 steps, the same applies. Pick a number above 10,000 steps that you would like to achieve and slowly work toward it.

Ways to track your steps:

- Fitbit or smart watch
- Phone apps that are free to download and will track your steps for you, like StepsApp Pedometer, Steps-Activity Tracker, Pacer Pedometer & Step Tracker, and many others
- Count them one by one 😊

Benefits of walking:

Walking is a form of exercise that many of us can do. It doesn't require a gym membership, expensive work-out equipment or a lot of our time — just a good pair of supportive shoes. Additionally, walking for regular activity has been proven to reduce:

- High blood pressure
- Diabetes
- Depression
- Heart disease
- Obesity

What improvements can come with mobility in the workplace?

- Improvement in posture
- Increased blood flow
- Energy boost

- Decrease in fatigue
- A clearer cognitive state

What can I do to help get extra steps while at work?

- ✓ Don't park right next to the building. Try to park farther away so that you have to walk a greater distance to your building.
- ✓ Take the stairs, rather than the elevator. This will get you extra steps throughout your day while still getting from point A to B.
- ✓ Use a bathroom on a different floor or use one that is not the closest to your workstation. A Stanford University study from 2016 found that creativity goes up during and immediately following a walk.
- ✓ Volunteer to deliver by foot any mail, supplies or other items that need to go from one department to another.
- ✓ Go to the printer or fax machine more frequently.
- ✓ Try to walk on any breaks or during your lunch period (as your schedule allows).
- ✓ If you need to talk to a coworker, get up and walk to their workstation, rather than using email or phone.