



## **EXERCISE RESOURCES**

The right exercise routine, during and after treatment, has many proven physical and emotional benefits. For some patients and survivors, it is important to be able to work out in a non-cancer specific space. The Johns Hopkins Breast Cancer Program for Young Women collaborates with several organizations to offer our young women living with and surviving breast cancer the opportunity to exercise in a safe, family friendly and economical way. All of these programs are free to Hopkins patients through the generosity of the organization or funding from the Centers for Disease Control. You are eligible to join regardless of your point in the cancer trajectory (just diagnosed to living with metastatic disease; on or off treatment) or stage. Everyone is welcome with the endorsement of your medical team.

### **EXERCISE AT HOME OR ON THE ROAD**

#### **LiveWell after Breast Cancer Videos**

Collaborating with Shauna Harrison, PhD, we created these videos to get breast cancer survivors and their families moving, through fun and easy exercise routines. Exercise for every level and ability with modifications is shown along the way. Videos for cardio, strength and yoga are included.

- [https://www.hopkinsmedicine.org/kimmel\\_cancer\\_center/centers/breast\\_cancer\\_program/exercise\\_and\\_breast\\_cancer.html](https://www.hopkinsmedicine.org/kimmel_cancer_center/centers/breast_cancer_program/exercise_and_breast_cancer.html)
- [https://www.youtube.com/watch?v=M4pY\\_qhSy2o&list=PL6ShoiJMrpscRc\\_sQMzuTsv59Lo4dM89I](https://www.youtube.com/watch?v=M4pY_qhSy2o&list=PL6ShoiJMrpscRc_sQMzuTsv59Lo4dM89I)

#### **Strength and Courage Exercise DVD**

Strength & Courage: An Exercise Program for Breast Cancer Survivors

Dr. Sharon Cowden, a pediatrician and breast cancer survivor, and Janette Poppenberg, ACSM/ACS Certified Cancer Exercise Trainer®, collaborated to create an exercise DVD for breast cancer patients. The women of Strength & Courage are behind the compilation of exercises helpful to women who are surviving breast cancer and want to get back to the life they lived before their diagnosis.

- <http://www.strengthandcourage.net/>



## **BREAST CANCER PROGRAM EXERCISE PARTNERSHIPS**

*\*\*\*To learn more about or participate in one of the three programs listed below, please contact your patient navigator (Elizabeth Saylor or Jill Mull) to complete the appropriate paperwork.*

*Please **DO NOT** contact the facility directly until you have completed the official referral process. \*\*\**

### **YMCA/Y of Central Maryland**

Johns Hopkins Breast Cancer patients will meet with their patient navigator and oncology provider to determine health goals and any specific exercise limitations. You will meet individually with a Y trainer who will help create a plan using physician recommendations that allows you to best utilize all resources the Y offers. Patients have the option of four convenient locations in Baltimore and surrounding counties. Two months of free membership, including classes, with your commitment to exercise at least twice a week. Family membership can be extended to members of your household. Childcare provided.

[www.ymaryland.org](http://www.ymaryland.org)

<b>Arnold:</b> 1517 Ritchie Hwy, Unit 201, Arnold, MD 21012	410-626-7800
<b>Towson:</b> 600 W. Chesapeake Ave., Towson, MD 21204	410-823-8870
<b>Ellicott City:</b> 4331 Montgomery Rd., Ellicott City, MD 21043	410-465-4334
<b>Stadium Place:</b> 900 E. 33 <sup>rd</sup> St., Baltimore, MD 21218	410-323-3587

### **Lynne Brick's Health and Fitness Club/Brick Bodies**

**First Step** – A 5-week cardio and strength-training program designed to lay the foundations for fitness. Meet twice per week with a Brick Bodies Fitness Professional and learn safe and effective exercise technique, proper breathing mechanics, as well as injury prevention. Participants will gain valuable knowledge on how to successfully track and adjust their own fitness routine in the context of their survivorship and overall health. Program is free to Johns Hopkins Breast Cancer patients. [www.brickbodies.com](http://www.brickbodies.com)

<b>Reisterstown:</b> 2 Chartley Dr., Reisterstown, MD 21136	410-833-3386
<b>Downtown:</b> 218 N. Charles St., Baltimore, MD 21201	410-547-0053
<b>Owings Mills:</b> 9950 Reisterstown Rd., Owings Mills, MD 21117	410-363-4600
<b>Padonia:</b> 2430 Broad Ave., Timonium, MD 21093	410-252-5280
<b>Rotunda:</b> 727 W. 40 <sup>th</sup> St., Baltimore, MD 21211	443-388-8511

**ACAC (Atlantic Coast Athletic Clubs)**

**p.r.e.p. ® Physician Referred Exercise Program** – 60 day membership free to Johns Hopkins breast cancer patients includes meetings with medical fitness experts twice a week, a consult with a nutrition specialist and full access to all ACAC's amenities while taking down all barriers to exercise and welcoming patients in a non-intimidating, comforting environment.

<https://acac.com/timonium/p-r-e-p/>

**Hunt Valley:** 11212 McCormick Rd., Hunt Valley, MD 21031

410-584-7888

**Timonium:** 110 W. Timonium Rd., Lutherville, MD 21093

410-453-9111