

Rev up Together to Race - Agenda

April 3, 10:00 am

Meet at Your Fitness Your Life

Role of exercise in weathering the storm and recovering from cancer

Lymphedema and exercise, knowing your risk, taking precautions

Manageable increments, example progressions for the next 5 weeks

Walk/jog around downtown

Stretching for hips and legs

April 10, 10:00 am

Meet at Your Fitness Your Life

Lymphedema and self-massage

Walk/jog around downtown

Stretching for hips and legs

Assess the past week and discuss

April 17, 10:00 am

Meet at Your Fitness Your Life

Making a choice between the 1-mile and 5K distance

Introduction to resistance training for lumpectomy or mastectomy recovery

Upper body stretches

April 24, 12:00 noon (Different time!)

Meet at Yoga for Wellness, 300 Main

Walk/jog

Introduction to Yoga for wellness

Logistics of race day, transportation, survivors tent

May 1, 10:00 am

Meet at Julia Davis band shell

Confirm race day logistics

Walk/jog close to goal distance on the greenbelt

Standing stretches