

# **SISTAs in PARTNERSHIP with 2A FITNESS GYM SURVIVORS HEALTH INITIATIVE PROJECT (SHIP)**

**GET ON BOARD...JOIN SHIP**



SHIP provides breast cancer survivors and their families with cancer and related chronic comorbid conditions with education and supportive care services to help make informed decisions regarding healthy lifestyle changes in nutrition, physical activity and survivorship care. SHIP includes group based exercise, nutrition, survivorship-education classes for survivors to continue life enhancing practices at home. Participants must:

Cholesterol	Depression	Problems with
Obesity	Flexibility	
Overweight	Fatigue	
Hypertension	Side Effects	
Lymphedema	Bone Mass	
Alzheimer	Cancer	
	Heart Disease	

- Be a breast cancer survivor (BCS)
- Have a noncommunicable comorbid condition
- Be medically cleared by a physician (preferred)
- Be 18+ years
- Have reliable transportation
- Be willing to commit to minimum 6 months program
- Be able to participate in normal home and gym activities of moderate exercise

Although SHIP focuses on supporting good health and quality of life for breast cancer survivors, those with self-manageable noncommunicable chronic conditions are welcome to register for admission. However, admission to those who do not have a diagnosis of breast cancer may be limited. SHIP is not intended to treat medical conditions, nor does it prescribe or develop medical treatment plans. It is an education and support self-help program.

The participant will receive:

- physical activity profile and admissions assessment
- customized weekly physical activity and nutrition classes
- telephone and face to face coaching and guidance to monitor progress in meeting goals
- incentives to reinforce progress

A Partnership Project of SISTAs CanSurvive Coalition, Incorporated and 2A Fitness Gym

**CALL (334) 430-1070- Registration begins NOW!  
A health and wellness program for men and women!**