



PROGRAM

SAMPLE

Client 4CW00

Week 1

Our goal at 4CancerWellness is to help one with a cancer diagnosis do and feel better by providing additional help in the areas of support, mindset, nutrition, and activity complimenting their existing cancer care team. Therefore, it is critical and from our perspective, mandatory, to share this information with your oncologist and oncology care team members.

Below beside each cornerstone you will find an action item for each week, the reason it is important to the person with a cancer diagnosis, and a reference/citation and or website link if you are interested in more information. The final item you will find at the end of the plan is a link to your daily progress and outcome tracker. Please complete this at least weekly.

A personalized wellness program has been created for **4CW00-Week 1** with the intent of improving wellbeing. The program has been developed by oncologists, pharmacists, oncology nurses, oncology dietitians, cancer-focused counselors, and oncology exercise instructors with the intended purpose of working alongside core cancer treatment.

For any questions please contact Program@4CancerWellness.com

Our wellness programs are personalized to you and your cancer journey.

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Wellness Program Weekly Cornerstone Goals

Support



Outcome

Assess to see if you are having any medication issues. Are you experiencing any side effects or difficulties with any understanding? Do you know common things to watch for and how to manage if needed? Any difficulty obtaining or are there any cost issues despite your current resource availability?

Why?

Client mentioned having access to easy credible resources is helpful. Also, as an oncology nurse, I have observed it is helpful for people to have the credible information planned and at their fingertips as opposed to needing to search under some additional time of stress—thus my hope for this information. As you have taken medication for a while now it may be good to revisit information to be aware of what to watch for. Please look at these 3 references and bookmark the one on your computer which resonates most with you. When researching, I wanted to make sure you were of the recommendation to avoid grapefruit, grapefruit juice, Seville oranges—which may be an ingredient in marmalade, and one reference cited pomegranate juice. To be sure, always check with your cancer care team. If you are now experiencing something specific with your treatment which you would like more information, then email Beth.

- [ChemoCare information on Adriamycin](#)
This site is useful and succinct. Adriamycin is also called Doxorubicin
- [drugs.com Adriamycin information](#)
This site has a bit more detailed information. This site also has an app for your phone if you think something like this would be useful.
- [US Library of Medicine information on Doxorubicin](#)

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Wellness Program Weekly Cornerstone Goals

Mindset



Outcome

Meditation/Relaxation Techniques. Meditate once a day or more as needed for stress. If you do not have a meditation routine you prefer, browse the cancer meditation resources below for assistance.

- Website: How to www.calm.com/
- Mindfulness meditation for people living with cancer www.youtube.com/watch?v=6dwPaEzO0AE
- Peaceful Breathing video www.youtube.com/watch?v=hcsFVz7Kbvk
- Mindfulness for Women with Breast Cancer video www.youtube.com/watch?v=MNUXueouQjE
- Info video Mindfulness tool for living with cancer www.youtube.com/watch?v=hYaau6rIkWQ
- Centering Meditation How to video www.youtube.com/watch?v=o8vsZQW0BbU
- Mindful Breathing: Progressive Muscle Relaxation www.youtube.com/watch?v=utGa6rqzs3g

Why?

Meditation may help people with cancer by relieving anxiety and stress.

www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-treatment/art-20047246

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Nutrition

Outcome

Week 1: Lunch: 1 day this week have:

Tuna Stuffed Avocado

- 15 ounce can white albacore tuna in water, drained
- 1 tablespoon avocado oil mayo
- 1 tablespoon mustard
- 1 tablespoon diced red onion
- 1 small dill pickle diced
- 1/8 teaspoon garlic powder
- 1/8 teaspoon smoked paprika
- 1/8 teaspoon black pepper
- 1 avocado, cut in half and pitted
- In a bowl, mix all ingredients except avocado
- Add mixture to each avocado halve and serve
- Makes 2 servings
- Calories: 277
- Protein: 17 grams
- Fiber: 7 grams

(Recipe Adapted from: *Joyful Healthy Eats*)

Why?

To get more variety at lunch to meet nutrient needs. This recipe meets the standards of the Mediterranean diet which is recommended according to the Dietary Guidelines for Americans 2020–2025. This diet provides essential nutrients to promote good health. This diet is high in fiber, contains healthy fats, limits meat/chicken/eggs and uses seafood, legumes, and nuts for protein.

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Wellness Program Weekly Cornerstone Goals



Activity

Outcome

Complete Week 1 Exercise Program – Target Intensity = 30%

Stretching Set 1	Stretching Set 2	Stretching Set 3	Stretching Set 4	Stretching Set 5	Free Day	Cardio 20min - 1hr 30% Target Intensity
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Cardio Options	Stretching Set 1	Stretching Set 2	Stretching Set 3	Stretching Set 4	Stretching Set 5
Walk	Neck Stretch	Knees to Chest	Hamstring Stretch	Downdog Stretch	Child's Pose
Bike	Side Bend	Cat/Cow Stretch	Seated Trunk Rotation	Cobra Stretch	Hip Flexor Stretch
Swim	Calf Stretch	Butterfly Stretch	Figure 4 Stretch	Supine Twist	Mountain Pose

Target Heart Rate	Resting Heart Rate	Max Heart Rate
$\text{Max Heart Rate} - \text{Resting Heart Rate} \times \text{Target Intensity} + \text{Resting Heart Rate}$	Measured accurately upon immediately waking in morning, ideally before exiting bed.	$220 - \text{Your Current Age}$

Please click on the link below for specific examples, videos, and the “Why?”s of each exercise. After you click on the link you will want to look at the bottom of the page and click on the 3rd (Exercise Examples) and 4th tab (Exercise Deliverables).

Content provided within an active wellness program membership.

- [Why's and Tips for Week 1 Activity Plan](#)
Please use the link below to track your progress and provide feedback for the week. Thank you so much in advance!
- [Tracking and Evaluation link](#)

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