

# Strength & Courage



Exercises for  
Breast Cancer  
Survivors

Strength & Courage:  
Exercises for Breast Cancer Survivors  
[www.StrengthandCourage.net](http://www.StrengthandCourage.net)



This letter is to introduce you to an exercise DVD, *Strength & Courage—Exercises for Breast Cancer Survivors*<sup>®</sup>. The DVD, a **nonprofit** effort, was developed by Dr. Sharon Cowden, a breast cancer survivor, and Janette Poppenberg, an ACSM/ ACS Cancer Exercise Trainer<sup>®</sup>, who worked together to help Dr. Cowden regain her upper body flexibility and strength after treatment. In talking to other survivors, they realized many would benefit from an exercise program that assisted in returning to life before cancer.

Strength & Courage was created to assist post-surgical breast cancer patients in regaining their upper body strength. This will enable them to better perform daily activities, to lead a more active life and to regain their self-esteem; thus retaking control of their lives. Following the guidelines in “Strength and Courage”, a survivor can begin simple exercises the day after surgery. Within a few months, after regaining flexibility, the survivor should be able to start modest weight training and aerobic exercise. Often, patients are not made aware of these exercises that will help them recover and possibly become stronger than before their diagnosis.

The format is a 75 minute, professionally produced DVD with a variety of researched exercises for the participant to follow as well as testimonials by breast cancer survivors. The exercise portion of the video includes a physical therapist demonstrating post-surgical stretching exercises to improve flexibility and a cancer exercise trainer demonstrating modest weight lifting exercises to improve strength. An additional section addresses aerobic exercise guidelines. Medical research is presented by Dr. Adam Brufsky, a nationally recognized breast cancer oncologist and co-director of the University of Pittsburgh Medical Center Breast Cancer Program. The DVD with also has a special chapter, *Lymphedema—What You Should Know* and some exercise modifications for those with lymphedema or other shoulder problems.

Please visit our website [www.strengthandcourage.net](http://www.strengthandcourage.net) for more information. If you have any question or comments, please contact us at [info@strengthandcourage.net](mailto:info@strengthandcourage.net).

Best regards,

Sharon Cowden MD

Janette Poppenberg  
ACSM/ACS Cancer Exercise Trainer

Co- Founders Strength & Courage