



In This Issue - LAF Report | Our 100th Program | Research Report | Michigan Wellness Conference

Welcome to the summer issue of the Newsletter. We are in full swing with conferences and programs, and are gearing up for our summer Michigan Wellness Conference. For questions, tech support, or to place an order, contact www.medhealthfit.com, or call us at **805-692-9929 (toll free order: 888-880-5227)**

The 2002 Ride for the Roses event for LAF



Ride for the Roses Expo in Austin, TX in April of 2002.

The Lance Armstrong Foundation Ride for the Roses weekend took place in Austin, TX on April 11-13. Over 9,000 cyclists rode in this event. Medical Health and Fitness was also there - hosting a booth at the expo event - launching new products for cancer wellness. These include: Brander Grape Seed Extract, Dr. Kaye's Relaxation CD, and our MHF Cancer Wellness Kit..

The weekend was great, and the amount of energy with vendors and cancer survivors alike was truly inspirational. We hope to make the RFR event a yearly endeavor.

Our 100th Cancer Wellness Program !!!

Congratulations go to Ms. Becky Hanvey and the program at the **Stonestown YMCA** in San Francisco for becoming the **100th** Cancer Wellness program in our international network.



Team photo from our Boston workshop in February of 2002.

Successful Workshops Across the US

Our 2002 Workshop Schedule so far has been fantastic. Our Boston and Nashville venues had many more students than anticipated, and our Florida and Arizona presentations were also well received. Many thanks to **Heidi Dusky** from Mt. Auburn Club, **Jan Hertzfeld** from Chandler (AZ) YMCA, **Jeanna Rice** from Vanderbilt University, and **Ted Murray** from Punta Gorda Club for their hospitality.

Summer Events

In August we are hosting our first annual **Michigan Cancer Wellness Conference**. Sponsored in part by the MAC conference center and Sourcebooks, we will be featuring the best of Michigan's current and future cancer wellness and rehabilitation programs throughout the state. This event takes place on Friday, August 23 at the MAC center in East Lansing, MI.



The second annual ACSM Clinical Exercise and Cancer interest group meeting was held in May in St. Louis at the national conference. Items for discussion included new and innovative ideas for research and community health programs for cancer survivors. It is great to see the ACSM become pro-active in what I consider the "cardiac rehab" of this decade. With their help, cancer wellness programs will attain even more exposure in the medical community!

Current Exercise & Cancer Research

Two recent research studies are highlighted this month: A review by Fairey and Courneya state that a majority of studies show significant changes in immune system markers (such as NK cells) with regular exercise. Although it is a preliminary report, it may point to exercise as method for reducing the risk of cancer recurrence and improving survival times. (Fairey, AS, Courneya, KS, et al. Physical Exercise and Immune System Function in Cancer Survivors. **Cancer**. 2002;94:539-51).

A second report by Blair et al from the Cooper Institute followed the health reports of over 25,000 men. There was an inverse relationship between fitness levels and cancer mortality. The higher the fitness level, the lower the risk of smoking-related cancers - even in current smokers. The authors state that high fitness levels offer some protection against cancer. (Chong, DL, Blair, SN. Cardiorespiratory fitness and smoking-related and total cancer mortality in men. **Medicine and Science in Sports & Exercise**. 2002; 34:5:735-39).

Workshop / Conference Schedule

DATES	LOCATION	TIMES	EVENT / CONFERENCE
July 13	Sacramento, CA	9:00 - 4:00	Cancer Wellness Workshop - Radisson Hotel Sacramento
August 23	East Lansing, MI	9:00 - 4:00	Cancer Wellness Workshop - MAC Conference Center
Sept. 21	Los Angeles, CA	9:00 - 4:00	Cancer Wellness Workshop - Club One Long Beach - CSLB campus
Oct. 10-12	Chicago, IL	11:00- 5:00	MFA conference - McCormick Convention Center conference
Nov. 15-16	Las Vegas, NV	11:00- 5:00	ACSM conference - Tropicana Hotel and Casino

2003 Schedule

January 11	Phoenix, AZ	9:00 - 4:00	Cancer Wellness Workshop - Renaissance Club Downtown
February 14	Nashville, TN	9:00 - 4:00	Cancer Wellness Workshop - TBA
February 15	Ft. Meyers, FL	9:00 - 4:00	Cancer Wellness Workshop - Lee Memorial Wellness Center
Feb 26-Mar 1	IHRSA	8:00 - 5:00	San Francisco Moscone Convention Center
March 22	Pittsburgh, PA	9:00 - 4:00	Cancer Wellness Workshop - Cameron Wellness Center

For questions regarding our content - email at edurak@medhealthfit.com, or call **805-692-9929**.