



In This Issue - New MHF Staff | Corporate offerings | Workshops | Research Report | 2002 Recap

Welcome to our year-end issue of the Well-fit newsletter. We are highlighting some of the many changes happening at MHF, and re-capping some of our events for the past year. For more information on our NEW web site, visit www.medhealthfit.com, or call us at **805-692-9929**.



Miya Mee-Lee is our new communications director. She will coordinate our 2003 ad and internet campaigns.

Our new **Communications Director**

- ◆ Medical Health and Fitness welcomes our new communications director. Miya Mee-Lee is a communications major at the University of California. She also works in the field of exercise and health promotion. Miya is coordinating our 2003 marketing and advertising campaigns via the internet and print medium. An extensive world traveler, Miya has taught in Spain and Costa Rica, and we look forward to her work in promoting our new ad campaigns to cancer web sites, YMCA Fitness Management, and IDEA health and fitness publications.



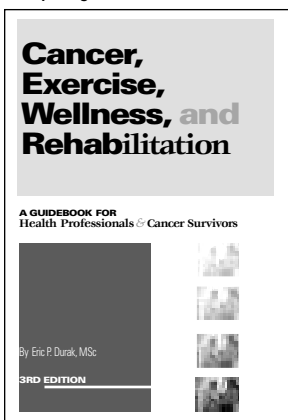
Alicia Walder will coordinate MHF research programs and writing projects in 2003

Our new **Research Assistant**

- ◆ Starting this month Alicia Walder will coordinate our research and writing objectives for our new year. Alicia is a psychology major from the University of California who will be enrolling in Exercise Sciences graduate work in 2003. For the next year Alicia will coordinate our cancer and exercise research programs (surveys, multi center trials, grant applications), as well as assist in marketing and workshop promotions. Another experienced world traveler, Alicia has also worked in Costa Rica, and will lend her expertise to multiple areas of MHF operations.

Second Edition of **Exercise and Cancer book**

- ◆ November marks the arrival of our NEW second edition of Cancer, Exercise, Wellness and Rehab - the original book on exercise and cancer first published in 1996. Our second edition has new chapters, new information, new photos, and as part of its refurbishing, will be part of a new continuing education course in 2003.



Medical Fitness Meeting / 2002 Recap of Events



Eric presenting on exercise and cancer at this year's MFA meeting in Chicago, IL

On October 11-12, Eric traveled to Chicago, IL to present at the **Medical Fitness Association** conference. His lecture on the financial considerations of cancer wellness sparked much interest, and his meetings with corporate health club and non profit facility leaders may see cancer wellness programs in many more health centers in the coming year.

Special thanks to Heidi Dusky from Mt. Auburn Club, Jan Hertzfeld of the Chandler YMCA, Jeanna Rice from the Dayani Center, Ted Murray of the Punta Gorda Club, and Paul David from Club One in Long Beach for their support of our Cancer Wellness workshop locations. 2002 was a big success for each of our workshops (and conference). We hope to improve upon that success in 2003.

Exercise and Cancer Research Reports

Disturbing new statistics from the National Cancer Institute. Disturbing statistics published this month from the Journal of the National Cancer Institute (Clegg LX et al. J Natl Cancer Inst 2002;94:1537-45) highlights some trends in the increase in many types of cancers over the last decade. In brief - Prostate cancer - White men - up 12% since mid 1990s (2.2% per year), Black men - up 14% since mid 1990s; Colon cancer/ Rectal cancer - white women - up 2.8% annually since 1996; Lung cancer - overall up 1.2% this decade; Melanoma cancer - white men - up 4.1% since 1981. While previous reports from NCI (Klausner, 1998) detailed the decline in many types of cancers, it seems as though this data was flawed. New reports concur with statistics from the 70's and 80's that cancer is indeed still on the rise. These statistics highlight the need now more than ever for preventive approaches in nutrition and exercise as the top areas of research for cancer specialists.

A pilot study of group exercise training for women with primary breast cancer: feasibility and health benefits G.G. Kolden, T. J. Strauman, A. Ward, et al. Psycho-Oncology. 11: 5, 447-456, 2002. Forty women over the age of 45 with primary breast cancer participated in (GET) three times per week for 16 weeks. GET emphasizes aerobics, strength, and flexibility. Assessments were conducted prior to, during, and upon completion of the program. Results - GET was feasible, safe, and well-tolerated. Moreover, the participants experienced significant health benefits over the course of the intervention in fitness/vigor, and QOL.. Discussion highlights the need for inclusion of physical activity programs in comprehensive, complementary treatment regimes for breast cancer patients.

Workshop / Conference Schedule

DATES	LOCATION	TIMES	EVENT / CONFERENCE
January 11	Phoenix, AZ	9:00 - 5:00	Cancer Wellness Workshop - Renaissance Club Downtown
Jan. 31 / Feb 1	Fairfax, VA	9:00 - 5:00	Exercise Medicine and Cancer Wellness Workshop - Gold's Gym
February 14	Nashville, TN	9:00 - 5:00	Cancer Wellness Workshop - TBA
February 15	Cape Corral, FL	9:00 - 5:00	Cancer Wellness Workshop - Lee Memorial Wellness Center
Feb 26-Mar 1	IHRSA	8:00 - 5:00	San Francisco Moscone Convention Center
March 8	Minnetonka, MN	9:00 - 5:00	Cancer Wellness Workshop - The Marsh
March 22	Pittsburgh, PA	9:00 - 5:00	Cancer Wellness Workshop - Washington Hospital
April 4-5	Little Rock, AR	9:00 am	Cancer Wellness presentation - CARTI
April 12	Houston, TX	9:00 - 5:00	Cancer Wellness Workshop - Club Corp
May 17	Pawley's Isl., SC	9:00 - 5:00	Cancer Wellness Workshop - Health Point Wellness
June 14	Chicago, IL	9:00 - 5:00	Cancer Wellness Workshop - Health Bridge Corp.
July 11 (Fri)	Northridge, CA	9:00 - 5:00	Cancer Wellness Workshop - Porter Valley Country Club
August 9	Colorado Springs, CO	9:00 - 5:00	Cancer Wellness Workshop - TBA
August 22	East Lansing, MI	9:00 - 5:00	Cancer Wellness Conference - MAC conference center

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