

## The Strength of Survival

### Upcoming Events:

- July 8th: Philly Women's Duoathlon and Triathlon
- July 15th: ACS Bike-A-Thon
- Oct 14th: First Annual TSTS Fund-raising Brunch!

### Letter from the Director:

#### Hello Survivors!

Team Survivor Tri-State is proud to introduce its first monthly newsletter. The Team Survivor Tri-State (TSTS) newsletter is designed to keep members informed of our events and programs, the latest in cancer-related health news and fitness and nutrition tips.

There are so many wonderful women of Team Survivor. It is my hope that you will all come together to build relationships and forge friendships while doing things to benefit your body and spirit.

Please take advantage of the many programs we have to offer. I encourage you to try new things. Are you a yoga enthusiast who loves to stretch but is afraid to sweat? Why not step slightly out of your comfort zone and try a spinning class or a kickboxing class?

#### WHY EXERCISE DURING TREATMENT?

Studies show that women undergoing breast cancer treatment who participated in moderate exercise for 20-30 minutes 3 times per week had positive physical and psychological effects such as decreased nausea and fatigue, decreased body fat, increased lean muscle mass, and improved sense of control, mood, self-esteem and self reported quality of life.

You can be sure that the instructors of TSTS will keep you safe and help you reach your fitness goals. Are you a competitive athlete who thinks "gentle" activities like yoga won't help your performance? Let TSTS instructors show you how increased flexibility can benefit your running, cycling and swimming and prevent injury.

Join one of our many walking/running groups and meet other survivors while doing something healthy for your body. Fresh air and good conversation makes exercise fun and easy! Walking is a beneficial form of exercise, no matter what your fitness level is.

Visit us at [www.TeamSurvivorTriState.org](http://www.TeamSurvivorTriState.org) to find a program that will work for you!

Happy Training,

*Ranni*

Lots of you have commented that you love our classes but would really like something closer and more convenient to where you live and work. We're working to expand program offerings and here's how you can help us:

- You can volunteer to lead a local walking/running group. Let us know!
- Send us the contact information for a local gym, fitness center or Y in your area.

Our mission is to assist women survivors throughout our region and your help in expanding our classes is pivotal.

*It's not whether you get knocked down. It's whether you get up.*  
- Vince Lombardi



Group picture from Tri Camp at Rowan.

## Question of the Month

**Q: If Team Survivor classes and programs are free of charge, why is registration required?**

A: Registration is required for many reasons. First, every participant in Team Survivor needs a Medical Release form signed by their doctor. When participants register they will receive the Medical Release form either via email (forms can also be picked up at their first class.) Another important reason for registration is to be sure there are enough (but not too many) participants to hold a class. On occasion a class may be cancelled due to instructor illness or other such last-minute reason, and we need to contact the participants to let them

know. Another good reason to register is that some programs are run by volunteers who take time out of their schedules to lead the groups, and if nobody is going to show up, we want to let them know so that they don't get stuck waiting at the site. On the other hand, if somebody is registered and running late, the instructor/volunteer will be expecting them and may wait a few minutes before starting the program.

**Q: I attend the same class every week. Do I need to register each week?**

A: If you are a "regular" participant, there is no need to register every week. However, if you are a regular participant and are unable to attend on any given

### TSTS Notes:

- Eighteen inspirational survivors attended our first ever tri-camp in May and came away with more confidence and a lot of great training tips.
- Two new weekly walking/running groups have been added: Westfield & Colts Neck

week, please contact TSTS with a message that you will not be in class. If you are a "once-in-a-while" participant, please contact TSTS each time you'd like to attend.

**Q: How do I register?**

A: Registration is simple and easy. Simply email TSTS at [ronni@teamsurvivortristate.org](mailto:ronni@teamsurvivortristate.org) or call 609-203-7012.

### FITNESS TIP OF THE MONTH:

#### **Training with a Heart Rate Monitor**

Learning how to use a heart rate monitor (HRM) will help you reach your fitness goals faster. It will help you get the most out of your workouts and help you lose weight if that's what you are trying to do. If you are new to exercising, a HRM will take the guess work out of your workouts and give you the confidence that you're doing the right exercise at the right intensity. If you're a seasoned athlete, proper use of a HRM will make your workouts more efficient and bring you to a higher level of fitness. Many companies make many different HRMs, with simple to advanced features.

For more information, visit your local sporting goods store or google "heart rate monitors" or post a question on our message boards to get advice from other TSTS members that are familiar with training with a HRM.

### Recipe of the Month: "Quickie Quesadillas"

TSTS has recently teamed up with "The Cancer Project", an affiliate of the non-profit Washington DC-based group "Physicians Committee for Responsible Medicine", to provide the "Food For Life" cooking series. Following is a favorite recipe from the class:

- |                               |  |
|-------------------------------|--|
| 1 15-ounce can garbanzo beans | ½ cup water-packed roasted red pepper    |
| 3 tablespoons lemon juice     | 1 tablespoon tahini (sesame seed butter) |
| 1 garlic clove, peeled        | ¼ teaspoon cumin                         |
| 8 corn tortillas              | ½ cup chopped green onions               |
| ½-1 cup salsa                 |  |

- Drain garbanzo beans and place in a food processor or blender with roasted peppers, lemon juice, tahini, garlic, and cumin. Process until very smooth, 1-2 minutes.
- Spread a tortilla with 2-3 tablespoons of garbanzo mixture and place in a large non-stick skillet over medium heat. Sprinkle with chopped green onions and salsa.
- Top with second tortilla and cook until the bottom tortilla is warm and soft, 2-3 minutes. Turn and cook the second side for another minute. Remove from pan and cut in half. Repeat with remaining tortillas.

### Coming Next Month:

- *Fundraising and how you can help TSTS grow!*
- *Three months to Danskin!*
- *Member spotlight—a new monthly feature!*
- *More great tips and news!*

**Tax deductible donations always welcome:  
[www.TeamSurvivorTriState.org](http://www.TeamSurvivorTriState.org) click on "donations" at bottom**