

Why EXERCISE

Many studies have found a link between regular exercise and a lower risk of being diagnosed with breast cancer or breast cancer coming back (recurrence). Physically active people experience many other benefits - healthy weight, better brain function, consistent sleep, less depression and anxiety, and boosts in overall energy; all compelling reasons to begin or continue exercising.



Empower Yourself

It is good for the body and soul. You'll meet strangers with only a disease in common that become some of your most treasured friends. You'll be undertaking various exercises. You'll have fun while being physically challenged. You'll be amazed at your inner strength, energized and empowered!

The Founding of Hope Chest

Hope Chest was created as a result of a friendship and a shared interest in exercise. The founder and her close friend Nina both aspired to become personal trainers. Despite a diagnosis of breast cancer, Nina continued to exercise whenever possible and was determined to make a difference in the lives of breast cancer survivors. Together they created a wellness program for breast cancer survivors in January 2000, Hope Chest.

YOU CAN KEEP US AFLOAT

- Become a member of the Hope Chest Team and participate in our FREE exercise classes and paddling practices.

The diagnosis of breast cancer can be the most life-changing event you ever experience. Positive group support can offer a new perspective. Specialized exercises can improve your spirit and reduce the risk of lymphedema.

- Support Luminina, dba Hope Chest, a 501 (c) (3) not-for-profit agency. Luminina/Hope Chest depends upon the generosity of our donors and sponsors for continued existence. Every breast cancer survivor deserves the opportunity to be empowered through safe and effective physical fitness and receive emotional support from those who have walked the same path. Won't you consider donating to this well deserving organization whose funding remains in our Western New York community?

For more information on how to participate in our exercise and nutrition classes, paddling sessions, volunteer, donate to or sponsor an event; please send an e-mail inquiry to hopechestbuffalopp@gmail.com or visit our website: hopechestbuffalo.org.

Donations can be sent immediately to:

Luminina Corporation

PO Box 1021
Getzville, NY 14068

E-mail address:

hopechestbuffalopp@gmail.com



© Luminina Corporation



BREAST CANCER SURVIVORS

Exercise to
EMPOWER
Yourself

ENROLL IN HOPE CHEST'S
Unique Fitness & Wellness Program



HopeChestBuffalo.org



HOPE CHEST
sponsors classes
throughout the year to
support optimal health.



Exercise Classes

Hope Chest offers a free exercise program to breast cancer survivors. Please visit hopechestbuffalo.org or catalystfitnessbuffalo.com for more information.

Visit hopechestbuffalo.org to obtain the forms required for joining Hope Chest which include:

- Hope Chest Medical Release Form
- Health History Form - New Members
- Physical Readiness Form

Present all the required forms to the class instructor at your first exercise session and start to enjoy the many benefits of our unique programs.

Types of Exercise Performed In Class

Our classes are specifically designed to meet the unique needs of breast cancer survivors. Sessions last about one hour and include an aerobic warm-up, strength training, Pilates, Yoga, stretching and relaxation. No prior exercise experience is needed. Neither age or athletic ability should be a deterrent to participation. Everyone is welcomed, encouraged and supported.

Catalyst Fitness Locations

Catalyst Fitness serves Hope Chest at the following locations:

- 281 Meyer Road, Tonawanda, NY
- 770 Wehrle Drive, Cheektowaga, NY
- 2745 Seneca Street, West Seneca, NY



Go to catalystfitnessbuffalo.com for an up to date list of classes by location.

What To Wear/Bring to Class

- Fitness apparel or loose fitting comfortable clothing
- Sneakers
- Jacket or sweatshirt for warming up and cooling down
- Water
- Towel

To join **Hope Chest** go to catalystfitnessbuffalo.com and click on the **Hope Chest Buffalo membership button** at the bottom of the page.

Nutrition, Emotional Support & Activities

Nutrition

Exercise, nutrition and emotional support are the keys to living well. Nutritional intake is an important aspect of treatment, recovery and remission. Hope Chest sponsors classes throughout the year to support optimal health. More details can be found on our website with dates and times of classes noted in the calendar.

Support & Encouragement

Hope Chest provides an active form of support, with emphasis on a positive and fulfilling life after breast cancer. More importantly, the team gives encouragement and support to women newly diagnosed when the world can seem a very dark place. Seeing a group of survivors exercise and compete in dragon boat races with renewed energy and vigor gives much needed confidence for the future. Together we demonstrate that after diagnosis and the hardship of treatment, life can not only continue but can be lived to the fullest!

Hope Chest Annual Buffalo Niagara Dragon Boat FestivalSM

Each June, Hope Chest organizes the Buffalo Niagara Dragon Boat FestivalSM. Besides an exhilarating dragon boat race competition between corporate, community and breast cancer survivor teams; participants and spectators can enjoy a fun filled day of activities. Each team of 20 paddlers, a drummer and a steer person assemble in a visually spectacular long "canoe" with a decorative dragonhead on the front and a tail on the back. Participants take great pride in designing a team shirt or creating the most unique costume in the spirit of support.

All proceeds from this event go to Hope Chest. All committee members and our Board of Directors serve as volunteers which allow 100% of the proceeds to be used for breast cancer survivor programs in the Western New York area.

COMMUNITY OUTREACH

The Hope Chest Team provides the community with life-saving information on breast cancer at health and community fairs. The team also supports the events of other breast and cancer organizations such as Roswell Park Alliance, Susan G. Komen and The Breast Cancer Network.

Paddling & Dragon Boat Racing

Paddling Is One of the Best Exercises for Breast Cancer Survivors

Dr. Don McKenzie of Vancouver, British Columbia conducted research which dispelled the myth that breast cancer survivors should refrain from certain extensive and repetitive upper body exercises to prevent lymphedema - a permanent and sometimes incapacitating swelling of the arm and chest area that can develop anytime after lymph node surgery and radiation treatment.

Upon conclusion of these studies, Dr. McKenzie encouraged survivors to participate in paddling and the ancient Chinese sport of dragon boat racing. Paddling is a strenuous, repetitive, upper body exercise that increases flexibility, aerobic capacity and strength. It provides an opportunity to work with a large group at one time, with team members relying and communicating with one another. Although a dragon boat race lasts only a couple of minutes, the rewards of training together for weeks and weeks last a lifetime.

During season, the team focuses on improving paddling skills, strength, endurance and synchronization. These skills enable the team to partake in three or four festivals throughout the summer.

Paddling Program

To participate in paddling, each team member is required to attend 15 Hope Chest exercise sessions starting January 1. It is not necessary to paddle to be part of the Hope Chest Team. Some members prefer to only partake in the exercise classes.

Paddling Team Practice Days, Times & Location

From May through September, members enjoy a minimum of two paddling practices weekly.

Check our website for details.

Paddling Practice for New Participants

If you are new to Hope Chest and are unsure of your interest level in paddling, we welcome you to participate in a practice session with the team. Please send an e-mail inquiry to hopechestbuffalopp@gmail.com.