

P R E S S R E L E A S E



Plaistow, N.H. – Strength Training and Endurance Pre & Post Surgery, **S.T.E.P.P.S.**, is a rehabilitation and recovery program to help cancer survivors obtain their pre-diagnosis health status and get back to their daily routines as quickly as possible. It is a fitness training program principally concerned with impairments, disabilities, and handicaps that arise after illness, treatment and therapies. The program addresses issues such as loss of anatomic integrity, and impaired mobility, flexibility, strength, and range of motion.

Cancer survivor and three-time kidney transplant recipient Vanessa Underwood, CES, CSCS, ACSM, AFAA, created **S.T.E.P.P.S.** to assist individuals across the treatment spectrum – from those who have been recently diagnosed, to those who are receiving treatment, and for those who have completed therapies and are now at a low risk for complications. No matter what the patient's status, S.T.E.P.P.S. will be individualized to meet that person's specific abilities and needs.

"S.T.E.P.P.S. is one of the first motions toward recovery," Underwood says. ***"Exercise is vital to your longevity and quality of life and this program will help patients transition back to their everyday routines. It will educate and empower you to live a healthful lifestyle."*** Underwood says her goal to have S.T.E.P.P.S. become an integral part of a multidisciplinary approach to total health and well being.

Cancer is often treated with modalities that compromise the entire body. Therefore, many cancer specialists believe it essential to implement an exercise program to help combat the side effects of such treatments.

Dr. Harvey Mammon, Radiation Oncology Clinical Director at Brigham & Women's and Dana Farber Cancer Institute says, ***"There is a growing body of evidence suggesting that exercise can contribute to the prevention and control of cancer and other diseases. With specialized programming and specific adaptations, S.T.E.P.P.S. can help cancer survivors reach their full recovery potential. Physicians should consider routinely recommending this type of program to their patients."***

Eduardo Haddad, MD, who has treated Underwood for 25 years says, ***"Vanessa is a motivator and a living example of endurance and perseverance. She has transformed her initial odds for failure into a brilliant success giving birth to two beautiful daughters and continuing to give and share her 'secret' with others. The training program she offers is an amalgam of all these unique experiences and a true gift to patients in need."***

Underwood is available for in-house training and education at hospitals, clinics, and wellness centers. Contact Underwood for speaking engagements or customized training.

Underwood's
SPORTS & FITNESS

Phone: 603.382.3410

Cell: 603.770.1279

Email: fitnessa@aol.com

Website: underwoodsportsandfitness.com/STEPS