



## News Release

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### **AtlantiCare offers fitness program for those receiving or recovering from cancer treatment**

*CancerFit® takes place at AtlantiCare LifeCenter*

AtlantiCare offers CancerFit®, a new personalized wellness program for individuals receiving or recovering from cancer treatments, at the AtlantiCare LifeCenter, 2500 English Creek Avenue, Egg Harbor Township.

The eight-week program includes two 90-minute group meetings a week, a two month membership to the AtlantiCare LifeCenter and a private training session with an AtlantiCare LifeCenter fitness specialist. The fitness specialists develop exercise programs tailored to each participant's ability and fitness level. AtlantiCare CancerFit® is open to cancer survivors regardless of where they are receiving or have received treatment.

AtlantiCare CancerFit® is a collaboration between the AtlantiCare LifeCenter and AtlantiCare, The Cancer Care Institute, A Fox Chase Cancer Center Partner. It is the only CancerFit® program offered in New Jersey and one of only seven nationwide. The program focuses on exercising to improve physical, mental and emotional well-being. CancerFit® introduces participants and their families to innovative mind/body/spirit activities designed to promote well-being. The program also offers stress reduction techniques.

Enrollment in AtlantiCare's CancerFit® program includes health and fitness assessments with an exercise specialist, a private training session, development of a personalized exercise program and two group wellness sessions per week. Participants also have full membership access to the AtlantiCare LifeCenter during the eight-week program. The class meets Mondays and Thursdays. Participants can select morning classes from 9:30 to 11 o'clock or evening classes from 5:30 to 7 o'clock.

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(AtlantiCare offers fitness program for those receiving or recovering from cancer treatment - CancerFit® takes place at AtlantiCare LifeCenter – add one)

AtlantiCare LifeCenter exercise specialists who have nationally recognized fitness certifications, health or fitness-related degrees and have been certified by CancerFit® lead each meeting. They work one-on-one to assist participants with their personal exercise regimes and in a group environment to promote networking and socializing. AtlantiCare experts also provide educational and resource information at each session.

“Improving energy levels and stamina is important for cancer survivors regardless of where they are in their cancer journey,” said Bruce Heon, executive director of the AtlantiCare LifeCenter. “AtlantiCare’s CancerFit® program focuses on the individual’s personal needs in a supportive and understanding group environment.”

AtlantiCare also offers Preparing for Chemotherapy and Preparing for Radiation Therapy classes. These monthly, one-hour classes are free and open to patients, their caregivers, and families facing chemotherapy for the first time, regardless of where they are receiving treatment.

The registration fee for AtlantiCare’s CancerFit® program is \$249. A required comprehensive functional evaluation by the AtlantiCare LifeCenter’s physical therapy team is not included in the registration fee, but is eligible to be billed to health insurance. To register or for more information about AtlantiCare’s CancerFit® Program, the AtlantiCare LifeCenter or other AtlantiCare programs and services, visit [www.atlanticare.org](http://www.atlanticare.org) or call the AtlantiCare Access Center at 1-888-569-1000.

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AtlantiCare is a regional healthcare organization based in Egg Harbor Township, New Jersey, whose more than 4,740 employees serve the healthcare needs of the community at more than 60 locations. It includes AtlantiCare Regional Medical Center (ARMC), the AtlantiCare Foundation, AtlantiCare Health Plans, AtlantiCare Behavioral Health and AtlantiCare Health Services. ARMC became the 105th hospital in the nation to attain status as a Magnet™ designated hospital in March of 2004 and was redesignated a Magnet™ hospital in 2008.