



Happy Holidays from Team Survivor Northwest!

The Nordic Walkers visit Santa at North Gate
Mall

Fitness Tips from Your Instructors: How to enjoy the holidays AND a healthy body

Sleeping and Planning

Get your zzz's! During the holidays sleep is most important. Try to go to bed and wake at the same hours every day if you can and definitely aim for 7-9 hours per night. When the holiday activities build up, a lot of people put fitness on the back burner. If a little crunched for time, shorten your workouts and keep it simple. At the very minimum, get out and walk each day. This includes prepping healthy snacks ahead of time so you're not tempted to indulge in sweets as sustenance. Always eat a well-rounded breakfast, healthy lunch with protein and healthy fat and of course stay hydrated! Try to avoid hanging out at the appetizer table and eat sensible portions – try a bit of everything, but remember moderation is key.

Annelise DiGiacomo – AHW Issaquah

Breath and Breathing

Take 10 minutes to lay down each day. Do some deep diaphragmatic breathing. Stress can cause us to be shallow breathers and not get enough oxygen. Putting your hands on your belly and actually feeling your belly raise will encourage positive feedback and you will begin to breathe into your lower lungs and diaphragm. Remember to stay hydrated with water *throughout* the day. Avoid caffeine and alcohol when possible (again moder-

TSNW Guiding Principles:

Inclusion – we serve all women, without regard to race, age, color, sexual orientation, gender identity, national origin, physical or mental disability, or religion, with any type of cancer diagnosis, at any fitness and skill level.

Quality – Program delivery is mindful of the physical and emotional sensitivities surrounding cancer.

Access - Our programs are free of charge to TSNW Members and offered within the Puget Sound Region.

Education - We continually share with our community, through a variety of methods, important and emerging information related to cancer survivorship.

More Fitness Tips from Your Instructors:

Activity and Accountability

My favorite way to stay fit through holidays is to sign up for an event, preferably with friends that occurs right after the holidays. It could be a walking or running event or an active trip or vacation, but definitely something that requires you to maintain or improve your current fitness level. That way you stay motivated to train and your friends help with accountability.

Cathy McNair – AHWB Bellevue

Portion Control and Digestion

Eat protein and vegetables first then treat your complex carbohydrates like potatoes, rice, yams and bread like they are dessert: limit portion sizes. Avoid excess fat calories from salad dressing by having a small dish with dressing that you dip your fork into before each bite of salad - this reduces up to 80% of the calories compared to pouring it directly over your salad! Take a 10-20 minute walk after a big meal - helps digestion and burn some calories (takes a mile to burn @100calories!).

Denise Geroux – Tri-Training

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Gala

The numbers are in! This year's Team Survivor Northwest Fundraising Auction and Gala raised over \$100,000 in gross revenue with an approximate 25% expense ratio and we had almost 200 guests! Amazing! Thank you to everyone who donated, volunteered and attended! We could not have done it without you!



We would like to encourage anyone who took pictures the night of the event to post them on our TSNW Facebook page.

Also, we are pleased to announce Linda DeStephano and Brenda Frost have agreed to be the 2016 Gala co-Chairs. If you have previous experience in professional writing, graphics, fundraising and event planning and would like to volunteer for the 2016 Gala please contact Linda at LindaDestephano@teamsurvivornw.org.

THIS JUST IN! The 2016 Gala date has been set: Saturday, October 1st, 2016 at the Meydenbauer Center in Bellevue. Put it in your calendars! You won't want to miss it!

It's time to start thinking about 2016! Do you have an end of the year appointment with your doctor? Why not take your membership form along and get it signed! Let's get a jump start on the 2016 release forms—you can find the link on our website. This is a liability insurance requirement for us – thanks for your help!

TSNW Program Notes

To get on the mailing list for on-going programs, contact Jamaica at pm@teamsurvivor.org

ON-GOING ACTIVITIES:

Sat/Sun Run/Walk team work-outs
 Tue/Sat Dragon Boat Practice
 Wed Mid-Week Hikes
 Thu Nordic Walking
 Fri Urban Hiking

Seattle Yoga Arts is offering TSNW members a 10% discount from January to June 2016. Visit SeattleYogaArts.com for the

Lab5 Fitness will be holding a Tone and Stretch Reformer Pilates class exclusively complementary for cancer survivors, starting December 9. Visit Lab5fitness.com or call (206)325-0662 for more information.

Do you eat healthy? Do you shop organic?



Buy a pre-loaded PCC Natural Markets Scrip card at the Team Survivor Northwest office for \$20.

Team Survivor automatically receives five percent of all purchases made using your card. You can use the card at any PCC store and re-charge it at any location.

Did you know that you can get discounts just for being a card carrying member of TSNW? Show your membership card at the following businesses to get a special member discount:

Recycled Cycles
 Sylvia's Swimwear
 Escape Outdoors

TSNW Board of Directors:

Brenda Frost,
 President
 Lynn Prunhuber,
 Vice President
 Heather Robinson,
 Treasurer
 Jean Vye,
 Secretary
 Sonya Davis
 Linda DeStephano
 Dr. Laura James
 Paula Tomlinson
 Lisa Wright

Find an AWHW class near you!

Port Hadlock:	Mondays	4:20-5:20	(Discovery Physical Therapy)
Issaquah:	Mondays:	6:30-7:30	(Swedish Medical Center)
Edmonds:	Mondays	7:00-8:00	(Swedish Medical Center)
Seattle:	Wednesdays	5:30-6:30	(Queen Anne Community Center)
Bellevue:	Thursdays	6:30-7:30	(Cascade Place II)
Burien:	Thursdays	3:00-4:00	(Highline Cancer Center)

Did you know you can support Team Survivor Northwest by shopping on Amazon?

If you're getting ready to shop on Amazon, visit Team Survivor Northwest's page first. Look for the link on the home page under "Get Connected". You will be directed to the Amazon home page and then you can shop like normal. Amazon will donate a 6% of what you spend back to Team Survivor! Giving made easy.



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www.teamsurvivornw.org

WE'RE ON FACEBOOK!
TEAMSURVIVORNW-
SEATTLE



Team Survivor Northwest has a wonderful array of fitness programs customized for your level of recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

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Mission: Support women in their cancer recovery through empowering programs of physical activity and health education.

SAVE THE DATE!



Mark your calendars now so you don't miss these great events

Fitness Retreat ... January 29—31, 2016
Snow Shoe Adventure ... February 27, 2016
Walk with Friends ... April 17, 2016
Gala ... October 1, 2016