

TEAM Survivor™

N O R T H W E S T

WINTER 2013



community. It is pure joy to expose you to new adventures in fitness and together we can educate others about TSNW and what a treasure it is to our community!

Next month, I really want to get you out of your comfort zone! (I'll certainly be outside of mine). Sign up for **Cardio Striptease on Feb 16th** in Kirkland. This is for all ages but this event is for women only! Our instructor, Marisa, has won best group trainer for Western Washington for the last 3 years. This is not pole dancing like you've all asked about; it's about letting loose, having fun and celebrating yourself just the way you are! This class will fill so RSVP right now and while you're at it sign up for **Yoga and the juicing seminar in March**.

Janelle (read below) has introduced me to some incredible recovery drinks that make me feel amazing after a workout. Many of you have talked to me about inflammation and Janelle will discuss that topic too.

So, don't wait, wet your palate and see what 12 Tastes of Fitness is all about!

and...if you have something you've always wanted to try tell me about it. I'll research it and see if I can bring it to you. TSNW is all about you!

MORE INFO:

FEB **Cardio Striptease** **Page 4**
MAR **Yoga / Juicing** **Page 4**

Introducing the 12 Tastes of Fitness

BY LYNN KANER, TRAINER

The kick off of 12 Tastes of Fitness started with a bang at FlyBarre Bellevue on Sunday, January 20th. We filled every spot and the women who participated took themselves out of their comfort zone and tried something new. There was a lot of laughter, new friends made and yes, a few sore muscles. We all know that doing something different for your mind, body and soul will keep you fit and feeling young! This is what our new program, 12 Tastes of Fitness, is all about. I've never been so excited to bring you new and different programs and YES, I will try to encourage you to join the triathlon program. Your generosity to TSNW will allow us to bring more fabulous programming to you. The minimum suggested donation for each

program is \$30 and these "tastes" are open to everyone: members, supporters, friends and family. Come one, come all.

For those of you who don't me, I'm a personal trainer certified through the American College of Sports Medicine. I trained under and have worked with some of the best Physical Therapists on the Eastside to learn as much as I can about injury, rehabilitation and prevention. With this background, I started Fit to the Core. I train clients in my home studio, outdoors and in their homes. Seven years ago I became involved with TSNW and after helping as an Assistant Coach I have been the triathlon coach for the last 2 years. I love the energy, drive and amazing spirit of the women of TSNW. Through my training and work I have made many wonderful connections with those in the fitness



Annual Fitness Retreat Recap

BY PAIGE HANSEN-SHANKAR,
TSNW MEMBER

This year 84 women joined Team Survivor for the Annual Fitness Retreat at Fort Worden January 25-27th. Friday afternoon was sunny and it was a great start to a weekend of connecting with friends, recharging one's body, mind and spirit-the theme of the retreat. First up were classes that included Pilates, Foam Rolling, injury prevention and a fabulous Hula Hoop class. Dr. Patricia Dawson spoke about Survivorship before

dinner and after dinner a variety of activities were enjoyed. The night was clear so it was a perfect night for the bonfire on the beach. Everyone jumped right in, meeting new friends, connecting with old ones and recharging their bodies and spirits.

Saturday and Sunday were full of a variety of breakout choices, educational lectures and active classes for every interest and level. The choices included Nordic Walking, a Core Galore class, a lecture on The Four Cornerstones of Good Health, Yoga, and other speakers and fitness classes. Dr. Laura

James spoke about Natural Treatments and Dr. Julie Gralow offered advice on healthy lifestyle choices, which were both very informative.

The retreat is a great way to start 2013 with making new friends and setting fitness goals that could include the many programs that Team Survivor has to offer.

We hope to see at next year's retreat at Fort Worden on January 24-26th, 2014.

Joining Team Survivor Northwest



Team Survivor Northwest is the club you never wanted to join and are so glad that you did. Joining is easy and membership is free. Membership is open to any woman with a past or present diagnosis of cancer at any stage of treatment and any fitness level.

To become a member and be eligible to participate in all of the great fitness classes offered, simply fill out the membership forms found at teamsurvivor.nw.org and send them to the Team Survivor Northwest office at 200 NE Pacific Avenue, Suite 101, Seattle WA 98105. Or call Alicia at (206)732-8350. She will be glad to send you copies of the forms. Once the completed forms arrive in the office, you will receive your membership card that is your ticket to the many wonderful programs of Team Survivor Northwest.

Come join in the fun, fitness and friendship that is Team Survivor Northwest. Together, we will climb mountains, survive and thrive!

Message from the Associate Director

BY ALICIA SUPERNAGAVE,
TSNW ASSOCIATE DIRECTOR



New Year, New Staff!

I am very excited to introduce Kerri Schiller, our Program Manager, and Adrienne Coleman, our Outreach Coordinator. Most of you will meet Kerri soon

as she attends classes in the next few weeks. Adrienne will be in the community. She will be looking for volunteers to help her at events and in the community.

With a full staff, we have ambitious goals for 2013. They include teaching more women about Team Survivor Northwest and increasing the number of women who participate in our programs.

We also are adding more Active Women, Healthy Women programs to our weekly calendar and are putting the fun in fundraising for Team Survivor Northwest.

TSNW's Program Manager

BY KERRI SCHILLER,
TSNW PROGRAM MANAGER

Some of you know me already, although you might not know me by name. In 2010 I taught hula hooping at the annual retreat. It was my first opportunity to work with TSNW members and it was an amazing experience. Everyone was so full of life! Many times since then I thought "These are the people I really want to work with!" but I really had no idea what that would look like. In the last few years I have hula hooped and played four square with you at the retreat, but I never dreamed I would find myself working as your Program Manager. In hindsight, though, it makes perfect sense.

Perfect sense because I have worked as an engineer and I have worked as a fitness trainer and now I get to engineer fitness programs for TSNW! One of the things I love about Team Survivor (besides the people) is the wide variety of cool and unique programs we offer, both in and out of the gym.

As I start this new job one of my biggest questions is this: How can we grow Team Survivor, make it even bigger and better? It is an exciting question because it means more great classes, more fun activities, and more amazing women. If you would like to help, there is something simple you can do: Let me know what it is you love about Team Survivor, what makes us different and better than other programs out there. I really would like to hear your thoughts. There are a lot more amazing women out there and together I hope we can introduce them to this great place called Team Survivor!

TSNW's New Outreach Coordinator

BY ADRIENNE COLEMAN,
TSNW OUTREACH COORDINATOR

First off let me say how excited I am to be a part of Team Survivor. This is such a wonderful organization that possesses such an inspirational group of staff, volunteers, board members, and members. I feel honored to be the newest member of the team.

I am originally from the East Coast and attended the University of Maine at Farmington. I received a double major in English and Secondary Education and began my career as a high school English teacher. As much as I loved being a teacher, I felt that I had to take the opportunity to explore other career paths, which led me to the field of healthcare. I always knew I wanted to be in a position where I felt I was helping people, and truly making a difference. I was lucky enough to get a job as a patient coordinator at an oncology clinic in New Hampshire. It was through this experience that I knew I wanted to work with those affected by cancer in any capacity. I was so deeply moved by my patients, and motivated by their wisdom, drive, and overall passion for life. They taught me to take risks in my own life, live each day to the fullest, and most importantly not to sweat the small stuff.

My patients changed my life, and I knew that I wanted to continue to be surrounded by such a moving group of men and women. When I moved to the west coast I began researching jobs, and after a few months came across the position of outreach coordinator with Team Survivor Northwest. I began looking at the website and knew right away that this organization was doing something incredibly special, and was something I wanted to be a part of. I am so happy to be a part of an organization that I so strongly believe in and am going to work my hardest to continue to grow and expand Team Survivor's membership and presence in the community.

It is my belief that through educating the public and community about our goals and mission that we will establish connections with other non-profits, healthcare facilities, and potential donors who share our vision and will help us to expand our resources and allow us to pursue further opportunities and membership. I have already had the opportunity to meet with a few healthcare facilities in the area, who are extremely excited about collaborating with Team Survivor.

My plan over the next couple of months is to continue to grow and nurture our current relationships in the community, but also to break into untapped medical facilities, fitness centers, health food stores, naturopathic facilities, and other pillars in the community that exemplify our goals, visions, and mission here at Team Survivor. I also plan to work with our current resources and new resources in order to increase our current membership and participation, and give more women affected by cancer the opportunity to feel empowered and live a fuller, more physically active life.

I would like to say again how excited I am to be a part of this organization, and I look forward to working with all of you in the future!

Volunteer Opportunities

If you'd like to give back to Team Survivor Northwest by volunteering we are looking for help in the office for a Holiday card mailing. Please contact Alicia at om@teamsurvivornw.org or 206-732-8350.

February 16: Cardio Striptease

Ladies only! Parental discretion advised...this one is not G-rated! Get your SEXY on! Embrace your inner stripper and shake what your momma gave ya! It's all about lettin' loose, havin' fun and celebrating your sexy self JUST THE WAY YOU ARE...every roll, every dimple and every bit of your muffin top! Guaranteed to get your temperature rising, sweat dripping, and booty grinding! What happens in 'tease... stays in 'tease!

Saturday, February 16, 2013
12:00 noon class will hold 50 people!
Kirkland, WA

Happy Hour by Marisa
www.happyhourbymarisa.com
(425) 658-7160

Class is limited to 50 participants.

[Don't wait, register now!](#)

March 23: Yoga and Juicing for recovery and inflammation

Saturday, March 23, 2013
9:00am class will hold 40 people!

Running Elements
www.runningelementsbelleuve.com
Main St, Bellevue, WA

Class is limited to 40 participants.

Gain flexibility and strength as Yoyalush, AKA Valerie Kardonsky, guides you through a 45-60 minute yoga practice. The class will be geared toward yoga poses to stretch your hips, legs and strengthen your core and upper body. Valerie will encourage you to breathe in a way that helps you stretch safely and effectively

plus we'll get into the groove and move to some fun music in classic Yoyalush style.

Valerie is a Seattle based, Registered Yoga Teacher. She teaches classes and workshops throughout the area and leads groups on Lush Getaways as far away as Italy and as close as the Methow Valley. She grew up dancing, singing and mimicking everyone on TV and the movies. Over the years, after a couple of college degrees and several amazing jobs at Fortune 500 companies, she finally discovered her true calling -- teaching yoga.

Ginny from Running Element will give all TSNW athletes who come to Yoga a discount on shoes and a pair of technical socks! Perfect for all the different events you can't wait to try with our 12 Tastes of Fitness.

Janelle Miller will join us after Yoga to do a small tasting and talk on recovery drinks and proper juicing to aid in reducing inflammation. We will make a toast to TSNW with a fabulous recovery drink and a green protein smoothie. What could be better?

Janelle Miller----13 years ago I started my career primarily as a strength and conditioning coach. After being diagnosed with an auto-immune disorder, I became a student of nutrition and its profound effect on our health and wellness. I found that through whole food nutrition and the powerful effects of juicing, I was able to heal myself, improve my level of energy and achieve a sense of lasting well-being.

Increasingly, people are focusing on the fuel they put into their bodies; with so many marketing claims and promises it quickly becomes very confusing. In keeping with my mission to help people achieve their best, I have shifted my practice to emphasize whole food nutrition and high vibration foods through juicing and blending. I strongly believe that these are key elements that complement physical activity as part of an overall health strategy

For more information about Yoyalush please visit www.yoyalush.com

STAY TUNED AS WE CONTINUE TO ADD MORE TASTES TO YOUR PALETTE

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Ways to Support Team Survivor Northwest

TSNW supports female cancer survivors as they reclaim their bodies, spirits and lives. Cancer and its treatment often leave people physically and financially drained. Therefore, TSNW is committed to providing free fitness programs that support women in regaining their strength and vitality. To continue to offer programs such as Active Women/Healthy Women, Dragon Boating, Triathlon Team Training and the Annual Fitness Retreat, we rely on the generosity of people like you. Your generosity insures that female cancer survivors have a place to go to reclaim their future. There are many ways to give to TSNW:

Donate Online: There is a link on our website (www.teamsurvivornw.org) through which you may make a secure donation. Just click on Donation on the front page of the website. You will be linked to our donations page.

Mail us a donation in the form of a check or money order. Our address is 200 NE Pacific St. Ste. 101, Seattle, WA 98105

Support Team Survivor Northwest through Amazon.com! Use this link and a portion of your purchase will go towards TSNW. http://www.amazon.com/?_encoding=UTF8&tag=teamsurvort-20&linkCode=ur2&camp=1789&creative=9325

Employer Gift Matching: Your employer may have a gift matching program. If they do, we will supply the necessary paperwork for your employer. These employers have given matching donations to TSNW in the past: Microsoft, Starbucks, The Bill and Melinda Gates Foundation, Merrill Lynch, Macy's, Nintendo

Charitable Bequests and Wills: The language in your will can be as simple as the following phrase: "I hereby bequeath to Team Survivor Northwest, 200 NE Pacific St, Suite 101, Seattle, WA 98105...(state dollar amount, percentage or other asset being given)"

SAVE THE DATE!

Walk With Friends



**Walk With Friends
5K Walk!
Sunday, May 19, 2013
Marymoor Park**

You are cordially invited to come out and Walk with Friends. Support those friends and family touched by cancer by forming a team to help raise awareness and funds for Team Survivor Northwest. This event is stroller and dog-friendly, but all dogs must be on leash and under control at all times. This year, we want to ensure that all cancer survivors are recognized at the walk, if you or someone you know is a cancer survivor, please join us for a survivor's celebration at the walk!

More information and registration go to: www.teamsurvivornw.org

SAVE THE DATE!

**Snowshoe Trip
Saturday, March 2, 2013**



**TSNW 2013
IMPORTANT DATES**

FEBRUARY

- 16 Cardio Striptease benefit class – 12 Tastes of Fitness
- TBD Half Marathon Walk or Run Training Kickoff

MARCH

- 2 Snowshoe Trip
- 9 Dragon Boat Orientation
- 23 YogaLush benefit class – 12 Tastes of Fitness

APRIL

- TBD Outdoor Cycling Kickoff
- TBD Mid-Week Hike Kickoff

MAY

- 14 Fleet Feet Capitol Hill benefit sale
- 19 Walk with Friends 5K
- TBD Big Give with The Seattle Foundation
- TBD Triathlon Training Kickoff

JUNE

- 21 Longest Day of Golf
- TBD Summer Potluck at Gas Works
- TBD Summer Weekend Hiking Kickoff

JULY

- 27 Seattle Dragon Boat Festival
- TBD San Juan Bike Trip

AUGUST

- 18 Danskin Triathlon

SEPTEMBER

- TBD Seattle Half Marathon Training Kickoff

OCTOBER

- 19 Fall Gala – Bellevue Hilton

DECEMBER

- 1 Seattle Marathon and Half Marathon

JANUARY 2014

- 24-26 Annual Fitness Retreat at Fort Worden

Team Survivor Northwest has a spectrum of fitness programs to assist you in your recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

PROGRAMS

Seasonal Programs

The following programs are sign-up only. For more information, please call 206-732-8350 or email pm@teamsurvivornw.org.

- Triathlon Training
- Cycling
- Hiking
- Half Marathon and Marathon Run or Walk Training
- Dragon Boating

DRAGON BOATING

Orientation for Dragon Boating season is March 9th.

TRIATHLON TRAINING

Triathlon training will begin again in late spring but if you'd like to get on the list, so you'll know when we start again, the office in the TSNW office at pm@teamsurvivornw.org or (206)732-8350.

CYCLING

This year will be a big cycling year for TSNW – stay tuned!

For more info and to get on the cycling interest list, contact (206)732-8350 or pm@teamsurvivornw.org

HIKING

Mid-week hiking will start again in April.

This program offers you the perfect opportunity to get motivated to get fit this summer – midweek hiking is a progressive program that starts with the assumption that everyone may not be in hiking shape when they start and allows you to work towards getting in better condition and hiking to some spectacular locales as the season goes on.

If you would like more information or to be added to the interest list, contact the office at (206)732-8350 or pm@teamsurvivornw.org

Ongoing Programs

The following classes are drop-in year-round. No sign up is required. Just show up!

- Active Women / Healthy Women
- Urban Hiking
- Yoga



PROGRAMS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Active Women/ Healthy Women Port Hadlock 4:20 – 5:20pm</p> <p>Active Women/ Healthy Women Seattle-SCCA 6 – 7pm **ON HIATUS UNTIL JANUARY**</p>	<p>Active Women/ Healthy Women Rainier Valley 6 – 7pm **ON HIATUS UNTIL JANUARY**</p>	<p>Active Women/ Healthy Women Seattle 5:30 – 7:30pm Queen Anne Community Center</p> <p>Active Women/ Healthy Women Issaquah 6 – 7pm Swedish **STARTS APRIL 3**</p>	<p>Active Women/ Healthy Women First Hill 10 – 11am Swedish First Hill **STARTS APRIL 18**</p> <p>Active Women/ Healthy Women Highline 3 – 4pm Highline Hospital **STARTS APRIL 4*</p> <p>Active Women/ Healthy Women Bellevue 6:30 – 8pm Sportzal Fitness Studio</p>	<p>Urban Hiking 9am Various locations</p> <p>Yoga Columbia City 5pm – 6:15pm</p>	<p>Dragon Boating Leschi 9:15 – 11am Leschi Marina</p>
<p>Outdoor Cycling, Triathlon Training, Half Marathon and Marathon Walk/Run Training — Various days and times</p>						



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INSIDE THIS ISSUE

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- ✓ Retreat Update
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*The mission of Team
Survivor Northwest is to
support women in their
cancer recovery through
empowering programs
of physical activity and
health education.*

Phone: (206) 732-8350
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