



# " Living life after Cancer": Pilates and Wellness for Survivors (Volume 1)

*Naomi Aaronson, Ann Marie Turo*

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The WOW program is excellent for women recovering from breast cancer. Learn how Pilates can help you regain mobility and strength safely and effectively. Pilates is a wonderful exercise regimen since it emphasizes minimal repetitions with correct form and alignment, promotes lymphatic flow and fosters the mind body connection through its emphasis upon breathing and concentration. There are 36 exercises with photos as well as detailed descriptions and modifications of each exercise in this 69 page manual. If you are post TRAM flap Reconstruction, Pilates will benefit you greatly due to its focus on trunk stability. Please check with your doctor before participating in this or any exercise program. We have included a wellness section that can assist if you are suffering from the side effects of treatment including fatigue, cognitive dysfunction, lymphedema, or peripheral neuropathy. Suggestions are offered to help you perform your daily living tasks more comfortably and safely.

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