

Why is there a need?

Obesity is becoming the #1 preventable cause of cancer, with 50,000 new obesity-related cases of cancer per year in women. Obesity associated women's cancers include endometrial and breast cancer. Forty-nine percent of endometrial cancer in the U.S. is attributable to obesity. In addition, we now know that obese women who are diagnosed with early-stage gynecologic cancers are at greater risk of dying from their multiple obesity-related co-morbidities than their cancer. Diabetes, hypertension, hyperlipidemia, coronary artery disease, COPD, and sleep apnea are among the life-threatening health problems that obese cancer survivors often face. The Wild Energized Life - Alaska EXTRA-TOUGHS is a program designed to reach obese survivors of women's cancers whose health would greatly improve by dramatic weight loss through exercise and diet modification. These changes can reduce the risk of gynecologic and breast cancers, mortality rates from co-morbid conditions, and improves quality of life both pre - and post - cancer diagnosis.

APPLY TO BE AN EXTRA-TOUGH!



Scan this QR Code and fill out the online form. A member of WEL will contact you to complete the intake process.



www.wildenergizedlife.com
Contact: Audrey Cotter
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wildenergizedlife@gmail.com



Energize Wellness, LLC
Phone: (907) 382-7192
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EXTRA-TOUGHS

EXTRAORDINARY
TRANSFORMATION
TOWARDS GYN HEALTH
AND SURVIVORSHIP

12-week obesity intervention for
survivors of women's cancers

What is the EXTRA-TOUGHS program?

The EXTRA-TOUGHS is an exciting program founded by Let Every Woman Know – Alaska, now facilitated through Wild Energized Life (WEL). WEL is a organization specifically created by two of the Anchorage Extra Toughs coaches and local business owners to provide an energizing health and wellness program designed to help specific groups of individuals, like you, create long lasting health changes! The program is designed to provide an integrative team approach to sustainable weight loss, a healthy lifestyle, and survivorship for gynecologic cancer and breast cancer survivors.

What does this program entail?

1. Custom-designed group fitness exercise classes with modifications, three times per week with the EXTRA-TOUGHS group.
2. Participate in Nutrition and Mindset weekly classes where you will learn about all aspects of nutrition, and how to implement them into your busy lives and create long lasting changes. You will benefit from an individualized approach in a group setting designed to help you meet your goals.

3. Engage in weekly support groups with fellow EXTRA-TOUGHS to address successes and challenges together.
4. Upon completion of the three month program EXTRA-TOUGHS are encouraged to continue into the maintenance phase of the program with ongoing access to group fitness, nutrition, and support groups.

Schedule

All sessions offered via zoom.

Group fitness: Monday, Wednesday, Friday 7:00-7:45 AM

Nutrition and Mindset Class: Tuesday 12:00 PM

Support Group: Monday 7:50 AM

Meet the Instructors



Audrey Cotter, R.N.,
Integrative Health and
Nutrition Coach
Energize Wellness, LLC



Derek Ford
Run Wild Fitness
Coach/Owner



Rebecca Love
MS, LPC CST

Am I ready to commit to a change?

Losing and maintaining a healthy weight can save your life. The EXTRA-TOUGHS program is the perfect opportunity to make long lasting, positive changes to your lifestyle. Being an EXTRA-TOUGHS participant is a commitment. When you commit to your health, you commit to drastically improving the quality and quantity of your life.

THIS GROUP IS LIMITED TO WOMEN WHO FIT THE FOLLOWING CRITERIA:

Diagnosed with a breast and or gynecologic cancer or pre-cancer

Completed primary treatment (i.e. surgery, chemo, radiation)

Body Mass Index (BMI) \geq 30

What else should I know?

This program is offered for an all-inclusive rate of \$100/month. This fee is collected via auto pay.