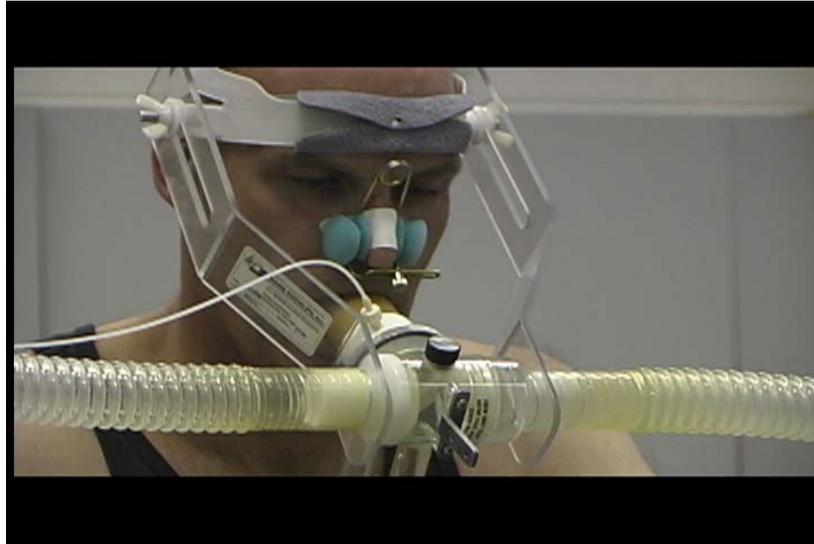


The Survivor Fatigue Study
and
*The Climb Back from Cancer™ Program**



A Ground-Breaking Medical Research Study Examining the Effects of Mild Individualized Cardiovascular Activity in Renewing the Energy of Cancer Survivors

A Joint Venture Between

- **The Climb Back from Cancer™ Foundation**
- **The Tom Baker Cancer Centre (Calgary, Alberta, Canada)**
- **The University of Calgary**

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to the program. Thereafter, all activity sessions must be supervised by this professional(s) in a proper setting. Failure to comply with any of these directives could result in loss or change of health, accident, injury, or death to the participant and/or those around them. Therefore, all risks are those of the participant(s). Neither the author(s), Climb Back Inc., The Climb Back from Cancer™ Foundation, the Tom Baker Cancer Centre, the University of Calgary, any member of the Survivor Fatigue Study team or any other associated individual(s), institution(s), entity(s) or body(s) whatsoever, whether named or unnamed, assumes any liability whatsoever. Any and all risks are entirely those of the participant(s).

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(updated Jan. 2009)

Alan Hobson,

Mt. Everest Climber & Summiteer,

Climb Back from Cancer™ Coach,

Program Co-Creator

www.climbback.com

Together, we can make a difference.

Many Thanks!

Cheers,

Alan

The Survivor Fatigue Study

The Challenge of Fatigue

- The American Cancer Society estimates that 70% to 100% of cancer patients experience fatigue during their illness
- More than half report that they feel extremely fatigued almost daily
- On top of that, up to 30% of cancer survivors report a loss of energy after treatment
- The physical, psychological, emotional, interpersonal and economic results of fatigue may ...
 - * be more debilitating than pain and nausea
 - * be more devastating than loss of mobility, income, or self-esteem
 - * continue long after treatment, even indefinitely
- Physically, patients may experience reduced mobility, vitality and energy and as a result be unable or uninterested in engaging in any physical activity, even playing with their children or grandchildren
- Psychologically, they may become depressed, anxious and irritable
- They may also experience frequent mood swings and be unable to focus mentally
- Emotionally and interpersonally, they may disengage from friendships and other relationships and feel very alone
- Economically, they may be unable to earn a living, make payments or pay bills
- In short, they may be breathing, but they may not actually be *living*
- Everyone from children through seniors are affected
- The human cost is catastrophic
- The economic cost in lost income and productivity, absenteeism, presenteeism and the financial burden placed on government(s) is equally so
- So is the burden on private industry
- Every year, North American insurance companies pay hundreds of millions of dollars in short- and long-term disability insurance claims to support fatigued survivors
- As we continue to search for the all-important cure for cancer, millions of survivors struggle daily to climb back
- Every 7 seconds in North America someone turns 50
- As the 79 million Baby Boomers approach retirement, and the incidence of cancer increases with age, the number of cancer survivors is exploding
- So is the number who face chronic fatigue during and after treatment
- Because 2 of every 3 people who are diagnosed with cancer now survive it, the challenge of chronic fatigue grows daily

The Discovery – Renewable Energy

A team of leading oncologists, psychologists, and exercise physiologists at the University of Calgary and the Tom Baker Cancer Centre in Calgary, Alberta (north of Montana) are

researching the effectiveness of a program that could help millions of cancer survivors renew their energy and recapture their lives. Based on my experiences with mild *individualized* physical activity after a blood cell transplant for cancer of the blood (acute leukemia), the investigators are examining *The Climb Back from Cancer™ Program* as a potential method of helping patients and survivors climb back to better lives.



The Survivor Fatigue Study in progress. Exercise physiologist, Dr. David Smith (second from right), of the University of Calgary's Department of Kinesiology, oversees a survivor's climb back.

The Method

From 259 survivors of blood cell and bone marrow transplants, 25-30 percent of whom were severely fatigued, 13 survivors volunteered to participate in a pilot study. Although the number of participants in the pilot was small, it was significant because the individuals selected were experiencing high to extreme levels of fatigue. One participant had been unable to return to work full-time for eight years after a bone marrow transplant because of fatigue. Others were experiencing varying degrees of weariness. All wanted help.

With an individually tailored and regularly adjusted mild aerobic activity program based on heart rates and blood lactate levels (I will leave the explanation of this to the experts) participants engaged in mild to challenging cycling on stationary bicycles three times a week for 15-30 minutes per session. Researchers unearthed some dramatic findings.

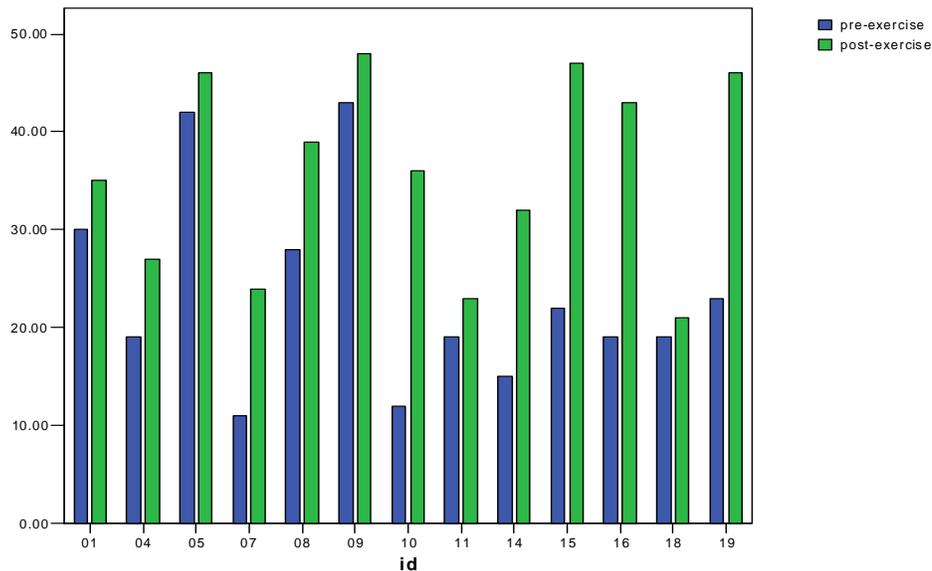
The Results

After only 12 weeks of activity, participants were able to:

- **Regain the Energy Levels of the Normal Adult Population**
- **Reduce Anxiety, Anger, and Depression by 65 Percent**

These findings are unprecedented in the history of cancer recovery research for survivors of blood cell and bone marrow transplants.

Fatigue in individual patients Pre- & Post-Exercise (Higher Score=Less Fatigue)



Bone Marrow Transplantation (2006), 1-10. © 2006 Nature Publishing Group

Explanation:

The numbers running vertically from the bottom to the top along the left side of the above chart indicate energy levels. An energy level of 35 to 40 is roughly equal to that of the normal adult population. The numbers running horizontally from left to right along the bottom of the chart are the identification numbers for each participant, with two bars above each participant. The bar on the left (in blue) is each participant's level of fatigue before entering the study. The bar beside it on the right (in green) is their level of fatigue after 12 weeks on *The Climb Back from Cancer™ Program*.

A quick glance reveals that...

1. All 13 of the participants experienced an improvement in their energy levels.
2. Nine of the 13 participants, almost 70 percent of the sample, achieved an energy level of the normal adult population.
3. Six of the 13 participants, almost 50 percent of the sample, doubled or almost doubled their energy levels in just 12 weeks.



After a test to individualize his activity, a study participant takes a breather in the Human Performance Laboratory at the University of Calgary.

The Next Step

Now that the two-year pilot study has been completed, Phase I of this ground-breaking initiative is underway. It involves survivors of three of the most common types of cancer -- breast, prostate and colorectal. For respiratory reasons, participants with lung cancer were not able to participate.

Over a period of three years, the candidates are using the same *Climb Back from Cancer™ Program* used in the pilot study. At the conclusion of Phase I, currently estimated to be autumn 2009, their results are to be compared with those of participants who have followed the physical activity guidelines of the American College of Sport Medicine (ACSM, currently regarded as the standard). There will also be a group of individuals who follow neither *The Climb Back from Cancer™* nor the ACSM guidelines. Researchers hope to further demonstrate the effectiveness of *The Climb Back from Cancer™ Program* and perhaps even establish it as the new gold standard for re-energizing survivors.

The Opportunity

\$300,000 has already been raised in support of Phase I. If you would like to make a contribution of cash or stock to this historic effort...

In Canada, donations may be made payable to:

The Alberta Cancer Foundation
Account # (very important, must be on cheque) 4171-790-5155
Individualized Exercise Program

Please mail your cheque directly to: The Climb Back from Cancer™ Foundation***
#5 – 100 Prospect Heights,
Canmore, Alberta,
T1W 2X8

*****PLEASE DO NOT MAIL YOUR CONTRIBUTION DIRECTLY TO THE ALBERTA CANCER FOUNDATION. PLEASE MAIL IT TO THE CLIMB BACK FROM CANCER™ FOUNDATION SO WE MAY TRACK ITS USE.*****

In the United States, donations may be made payable to:

CAFAmerica
(Charities Aid Foundation America)
Enclose a letter (required) indicating that the donation is for:

The Alberta Cancer Foundation
Account #(very important, must be on check) 4171-790-5155,
Individualized Exercise Program

Please mail your check directly to:

CAFAmerica***
King Street Station,
1800 Diagonal Road, Suite 150,
Alexandria, VA
22314-2840

*****PLEASE DO NOT MAIL YOUR CONTRIBUTION DIRECTLY TO THE ALBERTA CANCER FOUNDATION. IN THE UNITED STATES, PLEASE MAIL IT TO CAFAMERICA. CAFAMERICA IS ABLE TO ISSUE IRS TAX RECEIPTS. BECAUSE THE ALBERTA CANCER FOUNDATION IS A REGISTERED CANADIAN CHARITY, IT IS NOT ABLE TO ISSUE SUCH RECEIPTS.*****

The Potential

If *The Climb Back from Cancer™ Program* continues to prove effective for survivors of other types of cancer, it may be introduced by certified *Climb Back from Cancer™ Coaches* through virtual *Climb Back from Cancer™ Centers* in universities and exercise physiology laboratories across North America. Thus, any contributions made today could positively affect the lives of many, many people tomorrow.

The Mission

The mission of *The Climb Back from Cancer™ Foundation* is to help patients, survivors, and caregivers climb back to better lives. You, or someone you know, could be one of them.

Inside
*The Climb Back from Cancer™ Program**

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(updated Jan. 2008)
Alan Hobson,
Mt. Everest Climber & Summiteer,
Climb Back from Cancer™ Coach,
Program Co-Creator
www.climbback.com

Together, we can make a difference.

Many Thanks!

Cheers,

Alan



A study participant continues his climb back to life and energy.

Simple Hope

The Climb Back from Cancer™ Program is simple. It consists of three activity sessions a week – one easy, one moderate and one hard(er). It has been developed using scientific methods by tailoring the intensity of each activity session to each participant. Any form of mild cardiovascular activity can be used, e.g. cycling, swimming, jogging, hiking, etc. – as long as it raises your heart and respiration rates for 15 to 30 minutes.

The Program at a Glance (see below for a more detailed explanation)

The intensity of each activity session is tailored to each participant based on the results of fitness tests.

Session A: 30 Minutes of Easy Activity

Session B (2 days later): 15 Minutes of Hard(er) Activity

Session C (2 days later): 20 Minutes of Moderate Activity

Simple Beginnings

The Climb Back from Cancer™ Program began from my experience climbing back from cancer. In August 2000, I was diagnosed with acute leukemia (cancer of the blood) and given less than a year to live. After three rounds of intensive week-long 24-hour continuous infusion chemotherapy and an adult blood cell transplant on Nov. 15, 2000, I used a preliminary version of the program to regain 100 percent of the energy I had had

before my illness. I have now been cancer-free for more than eight years, am officially medically cured and have regained 100 percent of my health and fitness as well. You may read about my experience in my book, *Climb Back from Cancer*, which I am proud to say is fast-becoming a landmark in cancer recovery. In the book, a bestseller, my co-author and I pinpoint what we consider to be the key psychological skills needed to survive life-threatening illness and thrive beyond it. We call these skills *The 10 Tools of Triumph™*. There are 10 for the survivor and 10 for the caregiver. The book is available on www.climbback.com.

My physical experience climbing back from cancer was many times more difficult than climbing Mt. Everest. It led to the creation of *The Survivor Fatigue Study* as a joint venture between *The Climb Back from Cancer™ Foundation*, The Tom Baker Cancer Centre (in Calgary, Alberta, Canada, north of Montana) and The University of Calgary Department of Kinesiology. The study received seed funding from *The Community Opportunity Foundation of Alberta (C.O.F.A.)* and every year, more and more donors, volunteers and financial partners step forward. The purpose of Phase I of the study is to compare the individualized *Climb Back from Cancer™ Program* with the more general physical activity guidelines established by the American College of Sports Medicine (ACSM) for recovery from illness. It is my hope, and that of the study team, that *The Climb Back from Cancer™ Program* will become the new gold standard for climbing back from cancer. If this is done, our dream is to introduce the program across North America, possibly through universities and exercise physiology laboratories. It may have the potential to go worldwide.

What Makes this Program Unique

You may have been introduced to other physical activity programs associated with cancer recovery. Some of them may even appear to be similar to this one. What makes *The Climb Back from Cancer™ Program* unique is that it is *individualized* and it is *targeted*.

Individualized:

The program is tailored to each participant, not just at the beginning, but throughout their recovery process. Heart rates and blood lactate levels are carefully monitored (as I mentioned earlier, we'll leave an explanation of blood lactate to the experts). It is designed to maximize your return of energy in the minimum period of time. So, it takes all the guess-work out of renewing your energy as you climb back.



A survivor in The University of Calgary's Human Performance Laboratory, a facility usually used to measure the fitness of elite and Olympic athletes.

Targeted:

Through our on-going research, we are determining the exact levels of physical activity required to help you regain your energy as quickly as possible. While other physical activity programs may be general in nature, *The Climb Back from Cancer™ Program* is very specific. It helps ensure that you do not overdo it or underdo it. The program's objective is to maximize the return of your energy in the minimum period of time. Thus, it is custom-built around you and for you. As you change, it changes.

My Experience

After my adult blood cell transplant on Nov. 15, 2000, I faced fatigue so extreme that it was a challenge getting from the hospital bed to the bathroom and back to the bed. I could not stand in the shower for more than a minute or so without having to sit down, and I discovered for the first time why they have those plastic seats in hospital showers and nursing centers. Like many people in the developed world, I had been raised on the adage of "No Pain, No Gain." I believed that to overcome an obstacle, all you needed was focus, discipline and hard work. And, if it didn't work the first time, all you had to do was try harder. Unfortunately, this approach doesn't appear to be any better for regaining your energy than it does for playing better golf.

After I was discharged from hospital shortly after the transplant, I attacked my fatigue, trying to rise above it with physical activity – a little at first, then a little more, then a lot more and ultimately, far too much. Through trial and error (mostly error), I did gain some ground, but it was at a significant personal and interpersonal cost. After nearly every significant energy expenditure, I spent as long as a week on the couch trying to recover. I called this cycle "riding the couch coaster." There were a lot of ups and downs (mostly downs). It was exasperating.

After months of this haphazard and frustrating approach, my hemoglobin levels (the part of the red blood cell that transports oxygen and energy to the body) had increased a little, but remained parked well below those I had enjoyed before cancer. My energy level was similarly stagnant. It felt like my life was locked in cement, or worse still -- quicksand. My oncologist was afraid to prescribe a red blood cell growth stimulant because he thought it might stimulate a recurrence of my leukemia. So, I struggled to make it through the day without having to take a two or three-hour nap(s). I was unable to return to work full-time and I had no reliable income aside from a modest monthly disability insurance payment. I feared I might never get my life, or my energy, back. It was not only frustrating, it was frightening.

Dissatisfied with my progress, my then wife, Cecilia, and I convened a meeting between two of my oncologists from the Foothills Medical Centre in Calgary, Alberta, Canada (north of Montana), and two exercise physiologists from the University of Calgary's Department of Kinesiology. We presented them with a challenge -- if they could raise my hemoglobin and energy levels without drugs, perhaps we could help other cancer survivors do the same. After a brief examination of my results from a simple lying to standing heart rate test called a Rusko Test (see page 301 of *Climb Back from Cancer*), they noticed a similarity between my results and those of over-trained, overly fatigued athletes with whom they had worked. "Try doing less intense cardiovascular activity less frequently," Dr. David Smith, one of the finest exercise physiologists in the world, advised me firmly: "Not more Alan. Less, less!" With this advice came strict instructions to stay within specific target heart rate zones during my activity. By my usual standards of physical activity, these heart rates were *very* low. Not surprisingly, I didn't believe him. Yet as far as I could see, I had nothing to lose. Everything I had tried to that point had not yielded the one thing I wanted more than anything else -- more energy. So, with a great deal of skepticism, I gave it a try.

Imagine my astonishment and delight when within weeks, my energy and hemoglobin levels both took a sudden leap -- upwards. Soon, I had returned to my pre-illness energy and hemoglobin levels. I was elated. That led to the development of a preliminary program for a pilot study and that has led us to where we are today -- perhaps in a position to help you or someone you know climb back faster, better and stronger as well. I believe we have the opportunity to positively affect the lives of millions of survivors.

Where to Start

Our lives are full of competing interests -- professional commitments, children, spouses, partners, friends, relatives, financial affairs, even what to do with our leisure time. Yet there is one essential element that is central to all of them, without which none of these interests can be pursued -- our personal health. Without it, we cannot go to work, earn a living, attend to the needs of others (and sometimes not our own), or even go out for the evening.

Our health is our single greatest asset.

Anyone who has experienced chronic fatigue knows the devastating impact a significant loss of energy has on all aspects of our lives. It is more debilitating than pain and nausea and can be more challenging than loss of income or even self-esteem. In extreme cases, we may not even *have a life* in the truest sense. That is why the first step in using *The Climb Back from Cancer™ Program* is to make our health and our activity sessions our #1 priority. This is absolutely imperative. No progress can be made without it. If you are a parent, you owe it to your children to regain the energy you had before your illness. If you are a professional, you owe it to your colleagues. If you want a social life, you owe it to your friends. Most of all, you owe it to yourself. You have been through (and may very well still be going through) a traumatic life experience. You have struggled and may still be struggling hard. Now, you deserve a reward. You DO! It's time to give it to yourself – now! Here's how...

Program Pointer #1: Put Your Health First

Making the Commitment

The first step toward a life of renewed energy is to make a serious personal commitment - that you are going to follow *The Climb Back from Cancer™ Program* unflinching for at least 12 weeks. Put it in writing and post it in plain view for you and everyone around you to see. Make multiple copies of it and put them in the places you frequent most in your life -- at home, at the office, on the dashboard of your car – the more numerous and prominent the places the better.



A survivor who has made the commitment and a teammate monitoring his climb back.

Program Pointer #2: Commit to the Program in Writing

Here is one example of a *Climb Back from Cancer™* Commitment:

I publicly and emphatically pronounce that from this date _____ forward for the next 12 weeks until this date _____, I CAN and I WILL engage in 36 sessions of *The Climb Back from Cancer™ Program*. Barring a true and genuine emergency, I will not miss any sessions because I am “too busy,” “too tired,” or “too over-extended.” I will make no excuses of any kind at any time to anyone, least of all myself, because above all else, I know the supreme importance and priceless value of my own personal health and wellbeing. More than anything, I want my life and my energy back. **I want to Climb Back!**

Signature _____

Witness _____

The Basics of the Program

There are three keys to ensuring that *The Climb Back from Cancer™ Program* has the greatest chance of working for you:

Key #1: The physical activity you engage in must be *Mild, Moderate* or *More Challenging*, depending on the feedback your body gives you. (Your exercise physiologist(s) can teach you how to measure this.)

Key #2: Your activity must be *Aerobic* (e.g. walking, jogging, swimming, cycling, hiking, etc. More about this in a moment.)

Key #3: Your sessions must be *Consistent* – three times a week -- no excuses, no waffling, no ifs, ands or buts.

We call this “The M.A.C. Method” (Mild/Moderate/More Challenging, Aerobic and Consistent)

Using “The M.A.C. Method”

The “M” in M.A.C. -- What is *Mild, Moderate* and *More Challenging* Physical Activity?

There are three basic measurements of mild, moderate and more challenging physical activity:

1. Heart Rate
2. Rate of Perceived Exertion
3. Physiological Testing

1. Using Heart Rate

Mild

The exact definition of *mild* physical activity varies from person to person, but generally it is the heart rate we achieve when we walk briskly. I bought a Polar® heart rate monitor www.polar.com. Although my respiration was elevated and I was breathing more heavily than I would have been at rest, I was always able to carry on a conversation. This is also a good gauge of what constitutes mild physical activity and what does not. If you can talk while you walk, jog, bike or hike, you are probably being mildly active.

Moderate

Again, there is no hard and fast rule here but essentially, during moderate physical activity, it starts to get more difficult to carry on a conversation because you're breathing harder and more frequently.

More Challenging

This is higher intensity activity, the kind during which it is most difficult to carry on a conversation because you're breathing hard. You're pushing things and it's more challenging.

2. Using Physiological Testing

If you really want to know what your “Mild,” “Moderate” and “More Challenging” target heart rate zones are, you may be able to visit an exercise physiology laboratory, perhaps in the physical education or kinesiology department of a local university, if you're fortunate enough to live close to one. If you don't live close to one, if you can afford it, make the effort to find one and get measured. It could be one of the best investments you ever make because there, exercise physiologists can determine your precise target heart rate activity zones using specialized techniques and equipment. This will maximize your chances of renewing your energy as quickly and easily as possible. This is what we did during our pilot and it is what we are continuing to do with all the participants in Phase I of our *Survivor Fatigue Study*. This testing enables our study team to individualize each participant's physical activity program and forms the critically important foundation upon which *The Climb Back from Cancer™ Program* is built.

The “A” in M.A.C. -- What is *Aerobic* Physical Activity?

Aerobic physical activity is activity that requires our bodies to increase their intake of oxygen (in the air) and increase our heart and respiration rates above a certain level for at least 15 to 30 continuous minutes. Aerobic activity is also called “cardiovascular activity” (*cardio* meaning heart and *vascular* meaning blood vessels). Weight training, unless done by moving quickly from one weight station to the next, sometimes called circuit training, generally does not train our bodies' aerobic (meaning *with oxygen*) energy delivery

systems. It increases the strength of our skeletal muscles, mostly the ones we see from the outside. Activities such as brisk walking, jogging, swimming, biking, and hiking are examples of aerobic activities. They increase the strength of our heart muscle, not our biceps and triceps. So, if you are huffing and puffing for 15 to 30 continuous minutes (not including a five to 10-minute warm-up and cool-down) you are probably being aerobically active.

The “C” in M.A.C. -- What is *Consistent Physical Activity*?

In the context of *The Climb Back from Cancer™ Program*, consistent physical activity is three times a week for a minimum of 12 weeks -- no ifs, ands or buts. No excuses (barring an emergency or a sudden change in your health).

Program Pointer #3: Follow the M.A.C. Method (*Mild/Moderate/More Challenging/Aerobic/Consistent*)

Before You Begin

Before you start *The Climb Back from Cancer™ Program*, as well as periodically throughout it (every few months), you should consult a physician to determine if it is safe for you to engage, or to continue to engage, in mild to more challenging aerobic activity. For some survivors with heart conditions and other health challenges, it may not be.

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Therefore, it is your complete and total responsibility to ensure that it is safe for you to participate in the program. It is also your complete and total responsibility for

whatever happens to you before, during, and after your participation in it. There is no guarantee that it will be safe for you, or even that it will be effective. The risks are 100 percent yours. Fortunately, so are the potential benefits.

Previous Success

The Climb Back from Cancer™ Program worked for me and for the other 13 people who participated in our two-year pilot study. That is hardly a huge research pool, but because of the consistency of the results and the fact that our participants were experiencing some of the highest levels of fatigue, we are very excited. Phase I of the study involves survivors of breast, prostate and colorectal cancers and is nearing its completion. While the program is being compared with the existing physical activity guidelines recommended by the American College of Sports Medicine (ACSM), we wanted to make you aware of the program.

Getting Started

As the saying goes, “The journey of a thousand miles begins with a single step.” One of your first steps is to purchase a heart rate monitor. I used one made by Polar™, www.polar.com. Depending on your personal circumstances and level of fatigue, you may choose to walk, jog, swim, cycle, hike, row, etc. – as long as it is aerobic activity. If you cannot manage 30 minutes of continuous activity at first, start with whatever you can manage and gradually (emphasis on *gradually*) build it up over several weeks until you can do 30 continuous minutes. If that time period is only a minute at first, that’s fine. The most important thing is to start and once having started, to stay with the program. If you try to increase the duration of your activity too quickly, you risk becoming injured, demoralized or exhausted.



“The journey of a thousand miles begins with a single step” – in this case, onto a stationary bike and from there, potentially, back to a new life of increased energy, vitality and meaning.

Here is one way to begin. You need not follow this plan exactly. The most important thing is to start conservatively. This may be the hardest part. It was for me. So, reign in your ambition.

Begin with three short activity sessions per day, of say a few minutes each. If that sounds like too many sessions, start with one and slowly increase it to three over the course of a few weeks.

Once you are able to do three short activity sessions per day, try doing them every other day (about a week total). Then, gradually decrease the number of activity sessions from three to one while gradually increasing the length of each session until you are being easily (as opposed to moderate or hard) aerobically active for 30 continuous minutes. Remember to resist the urge to go too hard or too long too soon. If we try to climb back too fast, we could fall back into despair by becoming too tired, too sore, or worse still, injured. We might even lose our health or worse still, our lives. Our treatment didn't happen overnight. It took months and maybe even years. It may still be happening. Hopefully, your climb back won't take nearly as long, but it will take *some* time, at least a few months. Remember the simple but sage words of the legendary Himalayan Sherpas (the mountain people of Nepal who can carry incredibly heavy loads incredibly fast at high altitude) "Slowly, slowly – no hurry."

Here's a progression that may work for you. You can use any one of the following weekly cycles:

- a. Mondays, Wednesdays and Fridays
- b. Tuesdays, Thursdays and Saturdays
- c. Wednesdays, Fridays and Sundays
- d. Thursdays, Saturdays and Mondays
- e. Fridays, Sundays and Tuesdays
- f. Saturdays, Mondays and Wednesdays or
- g. Sundays, Tuesdays and Thursdays.

Choose the one that best fits your life – then stick to it!

Here's just one example of a gradual progression:

Phase I: Establishing Base Camp

Week 1: Three times a day for 5 minutes every other day (15 minutes total/day)

Week 2: Twice a day for 9 minutes every other day (18 minutes total/day)

Week 3: Once a day for 20 minutes every other day (20 minutes total/day)

Phase II: Moving Up the Mountain

Week 4: Three times a day for 8 minutes every other day (24 minutes total/day)

Week 5: Twice a day for 13 minutes every other day (26 minutes total/day)

Week 6: Once a day for 28 minutes every other day (28 minutes/day)

Phase III: Going for the Top!

Week 7: Once a day for 30 minutes every other day

Now you're *really* ready to begin the program. In fact, you may already be feeling so much more energetic that you may not feel like you need the program. Stick around though. Things can get even better!

Program Pointer #4: Expect to Feel Tired – at First

Fatigue Can Be Our Friend

When you first start using *The Climb Back from Cancer™ Program*, expect to feel tired. Don't be surprised or disappointed by it. In fact, you can be encouraged by it. After all, you have begun to ask your body to do something it either has never done before, or has not been able to do in a while. Fatigue can be our friend. In the case of this program, it can tell us that our energy is headed in the right direction – up. What we want to avoid is letting fatigue become our lifelong friend, or having it turn into exhaustion. So, give your body time to adapt. Chances are very good that it will do just that. If it doesn't, you may need to consult a physician again. Other health issues could require your attention. If this happens, contact your doctor immediately.

Consistency is Key

Consistency is the key to *The Climb Back from Cancer™ Program*. To repeat: The key to *The Climb Back from Cancer™ Program* is consistency. You must be active three times a week for 15 to 30 continuous minutes each time. Barring illness, emergency or absolute exhaustion (i.e. you're flat on your face, back or butt pretty much incapable of moving), suit up and show up for your activity session, every other day, every week for a minimum of 12 weeks – no ifs, ands or buts. We're talking about your life and your life energy. What could be more important? If you answer, "my children, my parents, my relatives, my work, my associates or my friends, etc., etc., etc.," I applaud your commitment, but you may be selling yourself short. After what you've been through, you *deserve* to live a full life and have a life full of energy. The more you regain, the more you will have to give to others. This is one time in your life when you need to put you and your life first. That's right, it's time to put yourself first! If you give yourself permission, you could be giving yourself back your life.

The key to *The Climb Back from Cancer™ Program* is consistency.

The Energy Investment Equation

Activity is not always energy-reducing. The right kind of activity can actually be energy-producing, the same way that some bank accounts are interest-bearing and some are not.

Our energy bank is our body. Like a bank account, to see our balance increase, we must keep investing in it. It is the same for physical activity, with one very important difference. Unlike a bank account, if we do not keep our physical activity account active at least three times a week for 15 to 30 minutes, the account eventually returns to its opening balance or less. So, to realize a return on our investment we must consistently keep investing in our body, without fail. It's "use it or lose it." So keep investing in your energy account – every other day. The return on your investment could be a better life.

Program Pointer #6: Be Consistent – Suit Up and Show Up

Moments of Truth

The moments of truth in your climb back will come when you do not want to be active. All you want to do is skip your activity session, lie down, have a nap, or do something else, *anything else* than be active. These are the defining moments in your ascent to renewed energy and they are pivotally important to you and your future. They will test your resolve and serve as a barometer of how badly you want to climb back. If we fail these tests, we could lose all the ground we have gained and everything we have invested to that point. Watch for these moments and overcome them by remembering what your life was like when you had all the energy you wanted. If you've never experienced that, this could be your chance. So suit up and show up – every other day, every time.

**The moments of truth in your climb back will come when you do not want to be active. These will be the separators between existing and living. Steel your resolve.
You CAN climb back. You WILL climb back.
You CAN. You WILL – CAN/WILL®.**



The study in progress.

Reprogramming Our Minds

As human beings, we are conditioned to believe that we should rest when we are tired. That is fine – to a point. If we have had 10 or 12 hours of sleep and we still feel tired, it may be that we do not require any more inactivity. Now, we require activity. We need to re-oxygenate our bodies and in so doing re-energize them.

Resist the Enticing Arms of Fatigue

Because our bodies are masters of adaptation, if we force them to do a little more than they have done before, they adapt to that level of demand. But if we just lie around our bodies move in the other direction – our muscles atrophy from lack of use and we lose energy. Thus, inactivity breeds inactivity. The more we lie around thinking about how weak and tired we are feeling the more likely we are to keep lying around thinking about how weak and tired we are feeling. If we want to get our energy back we have to climb back. And, we are the only ones who can do it. No one can do it for us. We alone are the masters and makers of our destiny.

Activity can create energy.

CAN/WILL® Yourself to Move

If you still feel tired two days after your activity day (for example, you are tired on Wednesday when you were active on Monday), it is important for you to be active anyway. Do **NOT** skip your scheduled activity session unless you absolutely have to. Force yourself to move. **WILL** yourself to move. You can.

In *Climb Back from Cancer* I tell the story of how I prepared to climb Mt. Everest. For every step I took on my training treadmill, I repeated my training mantra – CAN/WILL ... I CAN climb Mt. Everest, I WILL climb Mt. Everest, over and over again – over the years, indoors and out, millions of times. When I actually got to the mountain, there were many times when I continued to use CAN/WILL not only to force myself to take one more step, but more often to force myself to get out of my tent in the morning. I used my mind to overcome the matter and to get on with the only thing that really mattered to me at that time – getting one step closer to the top.

I did the same thing on my medical mountain. I forced myself out of bed and onto my feet so I could walk around the ward with my bag(s) of chemo. First, I sat up in bed. Second, I threw back the sheets. Third, I put my feet on the floor and took the first step. The rest of the steps followed not because of will power but because I had taken the first step, overcome my own inertia and got my body in motion. And, as the renowned scientist and mathematician, Sir Isaac Newton, determined as his famous 1st Law of Motion: “A body in motion tends to stay in motion. A body at rest tends to stay at rest.” It applies as well to convalescence from cancer as it does to Newtonian physics.

Program Pointer #6: CAN/WILL® Yourself to Move

“No Brain, No Gain”

Once you are in motion, I caution again: resist the urge to push harder. To achieve the results we want, we must eliminate the phrase “No Pain, No Gain” from our vocabulary. In my climb back, I pushed too hard, too soon, too often. As a result I paid the price for my over zealotry by spending innumerable, unnecessary and pointlessly long hours and days in bed or on the sofa feeling like I’d just been run over by a truck. It usually took me as much as a week or more before I had enough energy to do much of anything again. That made my activity sessions sporadic and inconsistent, substantially reduced the speed and efficiency of my recovery and made it all that more difficult to climb back. And, it was disheartening. I don’t want that to happen to you.

Be smarter than me. Replace “No Pain, No Gain” with one of the adages of the world’s finest adult swim program: *Total Immersion* -- “No Brain, No Gain.” I describe it in *Climb Back from Cancer*. It’s the ideal program for survivors because even if you’re so weak you can hardly walk, you can still benefit from the program. And it could transform your swimming experience. For more information, visit www.totalimmersion.net.

In the case of *The Climb Back from Cancer™ Program*, less is more – more productive, more healthy and hopefully for you, more energy-producing. Any time you find yourself thinking you’d like to increase the intensity or duration of your pre-determined activity before you’re ready, think again. To succeed with this program, you must be patient, self-restrained and disciplined. Don’t let your ambition get the better of you. Use the power of your mind to work for you.

Program Pointer #7: Resist the Urge to Push Harder

Patience, Patience, Patience

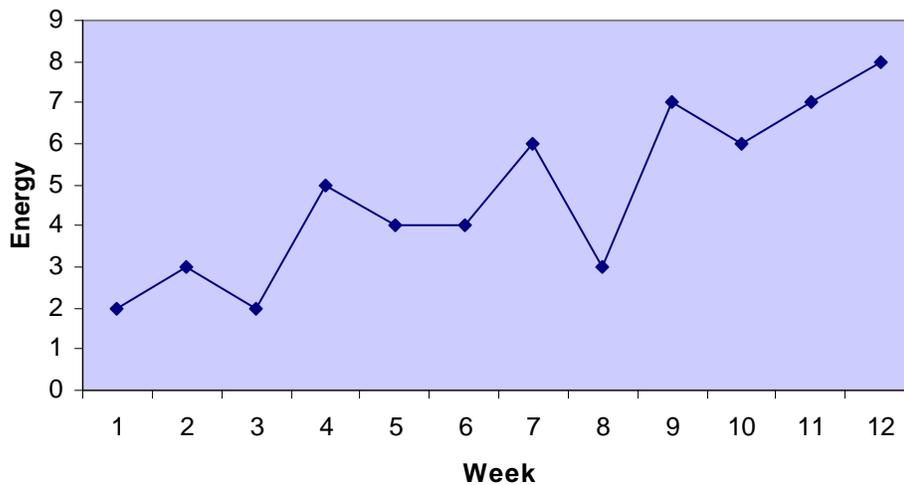
If you try the program for three or four sessions but you're still tired or exhausted and you conclude that the program isn't working, you're right – it's not, not yet anyway. You won't see results overnight. But, if you're patient, persistent and consistent, it can work for you over time. If you commit to sticking with the program for 12 weeks, you may see big changes in your energy level. If you don't commit for 12 weeks, you give up early or you are inconsistent in your activity sessions, you will probably see little if any progress. The program is likely not to blame. You've got the strength to re-energize your body and renew your life. Tap into that strength – even if you think it's not there anymore or you're sure it left for good a long time ago. It *is* there. It may just need a little help from you.

Program Pointer #8: Results Come Over Time, Not Overnight

The Calendar Calculation

At the end of each day during your 12 weeks, on a scale of 1 to 10 (one being lowest and 10 highest), jot down the number that best reflects your energy level that day. At the end of each week of activity, add up your total energy score for the week. The next week, do the same.

What you should notice is that at first, your energy level may remain flat, or even decline. The reason for this is simple. You've suddenly started to ask your body to be more active and it hasn't had the time to adapt yet. However, as the weeks progress, you should see a gradual increase in your weekly energy totals. They will not increase every week. The climb back from cancer is a series of peaks and valleys that gradually trend upwards. If you chart your progress on a graph, you will not see a straight line between where you start and where you end up. What you will likely see is a zigzagging line like this:



The climb back to greater energy us not a steady uphill hike but a series of peaks and valleys trending towards the top.

A climb back is very much like climbing a mountain. Sometimes, we take two steps forward and one step back. But if we persevere, over time we gain altitude. It is the overall trend that is most important. It should be upwards. If it's not, you may be pushing too hard, or you may need to consult a physician to see if there is anything else going on. You might wish to try backing off a bit on your intensity, but not on your frequency. Stay with the program. If you do, you may see the trend change.

Program Pointer #9: Chart Your Progress



Pinpoint your progress on a calendar or chart.

Your Energy During Your Climb Back

As I mentioned earlier, your energy level during your climb back may vary, but should generally trend upwards over the weeks. Your objective is to climb back as safely and steadily as you can. Make haste slowly.

Make haste slowly.

My Theory about the Program

We don't yet know why *The Climb Back from Cancer™ Program* was so effective for the participants in the pilot study. I can only give you my theory on why I believe it worked, especially for those with significant and sometimes almost debilitating levels of fatigue post-treatment. At the time of this writing it is just a theory and is, therefore, pure conjecture. However, perhaps some day we may be able to investigate it further.

My theory is that invasive cancer treatments, particularly chemo and radiation therapy, damage the body's oxygen and energy delivery systems. Our bodies require oxygen not only to live, but to help produce the energy needed for daily living.

Oxygen enters the body when we inhale air into our lungs. In the lungs there are tiny air sacks called "alveoli" where the exchange of oxygen takes place between the lungs and the blood stream through the tiniest of blood vessels – the capillaries. In medical terms, this is called the "alveolar-capillary membrane." Because the alveoli and the capillaries are so small and delicate, my theory is that they are significantly damaged by harsh and invasive treatments like chemo and radiation. Without these vitally important structures working properly, however, the body's primary source of energy, oxygen, simply cannot get into the bloodstream and from there to the muscles, organs and tissues of the body as efficiently as it normally would. So, those of us who go through radiation and chemotherapy are, I hypothesize, actually like high altitude climbers – we are not getting enough oxygen. This is known as being "hypoxic," or in a state of low (hypo) oxygen, a.k.a. "hypoxia."

To rebuild ourselves after treatment, we need to rebuild our oxygen-powered energy delivery systems like the alveoli, capillaries and other blood vessels. Unfortunately, they have been so adversely affected by treatment that they are not fully able to rebuild themselves on their own. And, if we try too hard too early in our climb back by engaging in physical activity that is either too vigorous or not aerobic, the alveoli and the capillaries are either unable to take the load (in the case of over-exertion) or are simply not provided with what they need to recover, i.e. aerobic activity. Conversely, if we are not physically active enough, there is no need for them to rebuild themselves and they

remain at or near their post-treatment levels of performance and capability. In fact, as I mentioned earlier, due to a lack of proper stimulation, challenge and use their performance may even drop to *below* what it was after treatment. The key to success lies in knowing what kind of physical activity is required and with what frequency, intensity and duration. This is where *The Climb Back from Cancer™ Program* comes in. It gently and systematically stimulates the alveoli, capillaries and other tiny structures with the right:

1. Type of Activity (*mild, individualized, aerobic*)
2. Frequency (*every other day*)
3. Intensity (*as determined by heart rate and blood lactate levels*) and...
4. Duration (*15 to 30 minutes depending on the intensity*)...

...so the body's oxygen delivery system can rebuild itself.

The result, hopefully, is a life renewed, re-energized and transformed.

Climb Back from Cancer Climbers

High altitude climbers spend a great deal of time in low oxygen environments and therefore spend a lot of time feeling “hypoxic.” Their symptoms mirror those of most chemotherapy and radiation survivors – they are weak, tired and often nauseous. Thus, I believe that the lessons I learned on Everest were part of a much larger plan to prepare me for an even bigger mountain with an even more important mission. I was allowed to climb back from cancer so I could help others do the same. Perhaps you will be one of them.

Beyond the Program

After restraining myself and reigning in my ambition on *The Climb Back from Cancer™ Program*, my energy level returned to 100 percent of what it had been before my illness. Eventually, so did my level of physical fitness, strength, balance, flexibility, agility and mental acuity. It was then that it became obvious that we had to share this new knowledge with others.

Professional Help

To help me climb back from cancer, I worked with my friend and exercise physiologist, Cal Zaryski, a professional on-line endurance coach (www.criticalspeed.com and email coachcal@criticalspeed.com). From the beginning, Cal monitored my progress and the progress of other cancer survivors. Eventually, he was able to take me beyond convalescence and back to an elite level of fitness. Today, he also works with everyone from non-athletes wishing to reduce stress and lose weight to busy professionals and parents wanting to achieve a healthier life balance. Whether your goal is to recover enough energy to return to work, play again with your children or grandchildren, walk a

block or run a marathon, Cal may be able to help you. Please feel free to contact him. Tell him I sent you.

Program Pointer #10: Keep Climbing!

You CAN Get There from Here

No matter what your goal, you CAN get there if you are patient, persistent, and consistent. *The Climb Back from Cancer™ Program* offers no guarantee, but it worked for me and for other survivors experiencing some of the most debilitating levels of fatigue. I hope you will soon join us in experiencing more energy and vitality in your own life. Nothing could make me happier than to see you get your life back. It all starts with making a passionate personal commitment and consistently living up to it day after day, week after week. I encourage you to make that commitment. Whatever happens keep climbing!

Climb Back from Cancer™ Coaching

If I can be of assistance to you in your own climb back, or perhaps someone you know, please do not hesitate to contact me. I am pleased to offer personalized *Climb Back from Cancer™ Coaching* that includes *The Climb Back from Cancer™ Program*, *The 10 Tools of Triumph™* (see my book, *Climb Back from Cancer*), imagineering, visualization, affirmations, nutrition tips, relaxation techniques, psyche of a survivor secrets and more. If you have been recently diagnosed, I look forward to coaching you through the initial months of treatment so we can maximize your chances of a full recovery. Regardless of where you are in your journey and recovery, my goal is to empower and energize you with inspiring and invigorating action aimed at one all-important objective – *returning you to life!*

If you're committed to such a climb, drop me an email at alan@climback.com or contact me at my office in Canmore, Alberta, Canada (in the Canadian Rocky Mountains north of Montana) at (403) 609-9939, ext. 201. Let me know how I can help you. Hopefully, we CAN and we WILL climb this mountain – together!

I send you hope, strength, and courage in your own climb back and I look forward to hearing from you very soon. Until then...

Climb on my friend!

Cheers,

Alan

Alan Hobson

Mt. Everest Climber, Summiteer & Cancer Survivor

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Taking Hope to New Heights

The Climb Back from Cancer™ Program Pointers

10 Tips to Take You to the Top

- 1. Put Your Health First**
- 2. Commit to the Program in Writing**
- 3. Keep Your Activity Mild and Aerobic**
- 4. Expect to Feel Tired – at First**
- 5. Be Consistent -- Suit Up and Show Up**
- 6. CAN/WILL® Yourself to Move**
- 7. Resist the Urge to Push Harder**
- 8. Results Come Over Time, Not Overnight**
- 9. Chart Your Progress**
- 10. Keep Climbing!**

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