

## About Alan Hobson

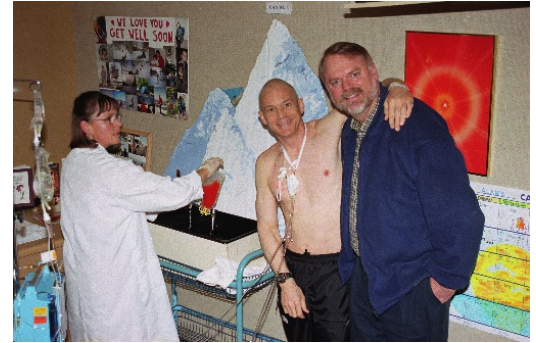
On August 10, 2000, at the age of 42, Alan Hobson was diagnosed with the very aggressive blood cancer, acute myeloid leukemia (AML), and given less than a year to live. At diagnosis, 90 percent of the cells in his bone marrow were cancerous. He endured a total of more than 500 hours of infusion chemotherapy as an inpatient, including 120 hours of high-dose chemotherapy to eliminate virtually his entire immune system at the time. Then, on November 15, 2000, he received the modern-day equivalent of a bone marrow transplant, an adult blood stem cell transplant, to create a new immune system. His adult blood stem cell donor was his second-eldest brother, Eric. On the day of the transplant, Alan was so weak from treatment that he could not stand for more than a minute. Considering that he had once stood on the highest point on Earth, the summit of Mt. Everest, it was a very long fall. And it was to prove to be an even longer and harder climb back. It took him five years to rebuild himself, his body and his life after cancer.

Today, Alan is one of less than a few dozen people in the world ever to regain an elite level of fitness after an adult blood stem cell transplant for acute leukemia – a tiny fraction of the number of people who have now climbed Mt. Everest. His miraculous return to full energy, full health and a full life led him to help spearhead the development of *The Climb Back from Cancer Physical Activity Protocol* <https://www.SurviveCANCER.ca/overcome-fatigue-video> of mild individualized cardiovascular activity. The protocol, which he co-created based on his own experiences, has proven to be successful in enabling many survivors to overcome their #1 challenge – chronic fatigue.

***“We not only need to save lives.  
We need to return them.”*** – Alan Hobson

Alan has now been leukemia-free for more than 20 years and is officially medically cured. But his experience with cancer did not end with leukemia. In December 2010, at age 52, he was diagnosed with a preliminary form of colorectal cancer. He underwent successful surgery and made a rapid recovery. He has appeared on *Oprah*, is a renowned professional speaker and the international bestselling author of seven books, including *Climb Back from Cancer*. He has guided many patients, survivors and caregivers on their own inner expeditions and continues to through his pioneering *Climb Back from Cancer Survivorship Program*. For more information, visit <https://www.SurviveCANCER.ca>.

Alan lives in the spectacular Canadian Rocky Mountains in Canmore, Alberta, north of Montana. He splits his time between speaking, writing and adventuring.



*Alan & Eric on the day of the transplant*



*Before creating "The Climb Back from Cancer Survivorship Program," Alan spent 10 years coaching scores of newly diagnosed patients across a wide variety of cancers.*



*The program's guidebook has been extensively researched and exhaustively medically reviewed. It informs, inspires and empowers.*