

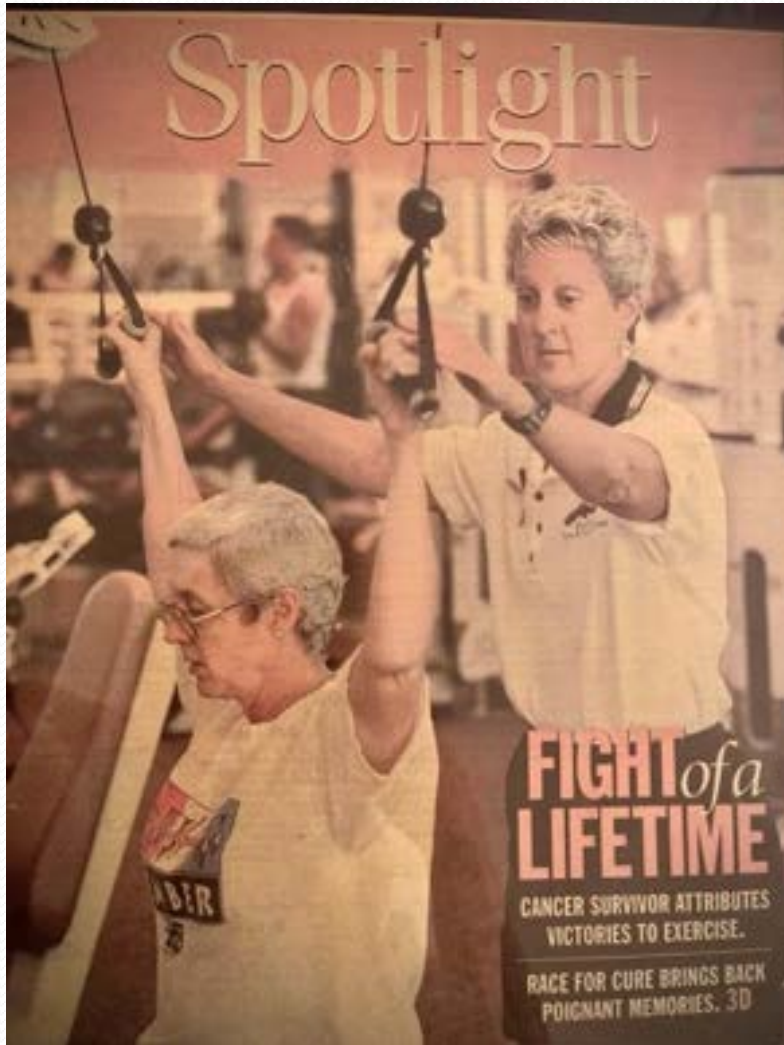


Defer the Disease

Diminish Symptoms, Redefine Your Life!

Tami Schlieman, Director/Trainer

About the Founder



Karen Hornbostel

Exercise Physiologist

National Cycling Champion

Cancer Survivor

History of CancerFit®

Began in 1998

- Called Summit Cancer Solutions
- Hosted program at Foothills Park & Recreation District

Became a 501c3 in 2002

- Expanded to 4 more sites
- Received Grant funding
- One of the first community-based cancer exercise support programs in Colorado

Became CancerFit® in 2011

- Merged with CPRA
- Train-the-Trainer Model
- Expanded to 14 Sites



Cancer Fitness Institute

Mission Statement

- To develop and support quality cancer-specific exercise programs for survivors in a healthy and positive community environment.

Goal Statement:

- To provide cancer survivors with a uniquely tailored, individualized exercise program to assist them in cancer recovery (physically, psychologically, and emotionally)
- To keep the program affordable and accessible



Defer the Disease (DTD) Formation:

In 2018, program offerings were expanded to reach beyond Cancer & include other Chronic Conditions

- **MISSION:**

Defer the Disease (DTD) is a non-profit wellness organization which exists to reduce limitations and improve quality of life in individuals with chronic conditions (ICCs) in healthy and positive community environments nationwide.

- **GOALS:**

Our organization accomplishes this mission with three (3) primary objectives:

- To provide ICCs access to affordable & uniquely-tailored individualized exercise programs aimed to improve health, regain stamina, and delay and/or reduce signs and symptoms of dysfunctional physical movement patterns.
- To increase the availability of trained and skilled exercise professionals to teach DTD exercise intervention courses.
- To advocate for funding of programs and participant coverage through Insurance.



**Defer the
Disease**

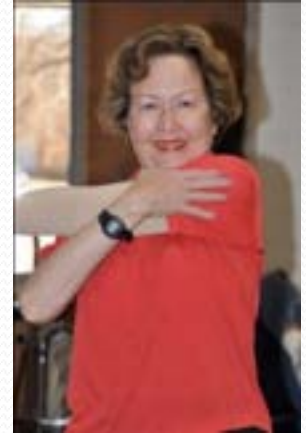
Defer the Disease Exercise Program Highlights

Over 2000 participant enrollments in the program

Recreation Center/Gym model allows clients to return to “normal” life outside of a treatment or sterile facility setting

Serve Male & Female Adults, with a variety of ability levels

Quality exercise program overseen by Exercise Specialists, trained to work specifically with many chronic conditions



Defer the Disease & CancerFit® programs

We Exist Because ...

- Exercise for Chronic Conditions has a strong evidence base to suggest that Exercise is Medicine, and thus should be an instrumental component in prescribed treatment plans by medical professionals.
- And **BOTTOMLINE**-*It works, we know it, and we can pass on, to our clients, a new lease on life*

...Diminish Symptoms, Redefine Your Life!

There are Many Conditions ...

Diseases

- Heart Disease
- Metabolic Diseases
- Respiratory Diseases
- Neurological Diseases
- Cancer

Disorders

- Arthritis
- Back Pain
- Diabetes
- Obesity
- Depression

And There are Many Possible Causes & Reasons...



Tips for Reducing Risk Factors:

Things you have NO control over:



Genetics



Age



Gender

Things you CAN control:



#1 Tobacco Use



#2 Early Detection



#3 Dietary Habits



#4 Mental Mgmt



#5 Physical Activity

Links between MOVEMENT and DIS-EASE

Benefits of Physical Activity

Improves Strength, Endurance and Flexibility

Reduces Fatigue & Anxiety

Improves Mood- Reduces Depression

Increases Bone Density

Boosts Immunity

Provides Social Engagement

Preventative



Inactivity linked to increased risk of disease:

De-conditioning

Compromised Immunity

Increased Blood Pressure

Decreased lung function

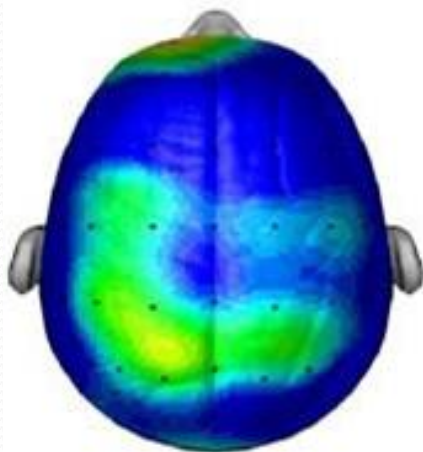
Obesity

We see that our behaviors can and do directly influence our Future Health Battles

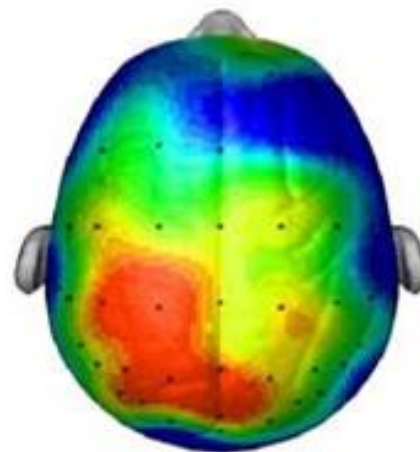
How Exercise Benefits Your Brain Health



**BRAIN AFTER
SITTING QUIETLY**



**BRAIN AFTER 20 MIN
WALK TRIGGERING
ENDORPHINS**



Defer the Disease[®] Program Format

- Pre & Post Assessments for:

- Biometrics
- Balance
- Cardiovascular
- Flexibility
- Strength



- 3-month program

- Paperwork and Physician clearance required
- 60min Classes offered 2-4x/wk
- Access to workout facilities included

Benefits of Participation in the Defer the Disease[®] Program

For Participants/Community

- Enhanced health and self-concept are the ‘Side-Effects’ of this medicine!!
- Scholarships offered thru CPRA for CancerFit[®] participants, Defer the Disease hopes to also expand this offering soon!
- Social Engagement Benefits

Thank You-Any Questions?



If you don't have
time for exercise....
you better reserve time for disease!

Resources and Contact Info

Defer the Disease, Inc

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DefertheDisease.org

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- [American College of Sports Medicine](#)
- [American Cancer Society](#)
- [Parkinson's Foundation](#)
- [National Institute of Health](#)
- [Centers for Disease Control](#)