

ROW 2 RECOVER® PROGRAM

United Cancer Support Foundation and East Tennessee Rowing have partnered to offer an opportunity for survivors of breast cancer to become active in their own recovery and rediscover the joy of exercise and movement while being part of a supportive community.



Physical Activities for Cancer Survivors

The American Cancer Society recommends 150 minutes of moderate or 75 minutes of intense, vigorous physical activity along with at least 2 strength training sessions each week have shown a significant reduction in depressive symptoms and fatigue and improvements in lymphedema, bone mineral density and most significantly, reduce risk of recurrence and improve survival for survivors of breast cancer.

Benefits of Rowing

- Rowing effectively raises your heart rate and provides an excellent overall aerobic workout.
- Rowing is predominantly an aerobic sport; it can be a good way to burn off fat. In fact, you can easily burn up to 600 calories per hour.
- Rowing is a full body workout that works on all of your major muscle groups. In addition, It provides a low-impact exercise that people of various fitness levels can complete comfortably.
- An endorphin release ("feel good" hormone") along with consistent and rhythmic activity has unparalleled impact on reducing stress.



JOIN NOW! FREE SPACE IS LIMITED

New crew members are always welcome to join Row 2 Recover® at anytime during the year.

We offer both indoor and outdoor classes. Indoor classes are open year round. Outdoor classes are open April thru October.

No prior rowing experience is required to begin Row 2 Recover®. Outdoor classes require participants to know how to swim or wear life vest.



Class locations

East Tennessee Rowing/Watt Street Gym
(indoor)

259 East Watt St.
Alcoa, TN 37701

Fort Loudon Lake
(outdoor)

3452 Louisville Rd.
Louisville, TN 37777

WHY YOU SHOULD JOIN

Survivors of breast cancer who have undergone surgery, chemotherapy, radiation, or a combination of all three in attempts treat their disease. Such treatments can leave patients with significant complications, including lymphedema, obesity, depression and poor quality of life.

Rowing exercises are proven to be effective to reduce stress, maintain healthy body weight, improve heart and lung function, increase muscle and joint mobility, and reduce chance of future cancer recurrence.

JOIN NOW! START IMPROVING YOUR LIFE WITH UNITED CANCER SUPPORT FOUNDATION'S ROW 2 RECOVER®!



References

1. <http://www.healthfitnessrevolution.com/top-10-health-benefits-rowing/>
2. <https://www.lifespanfitness.com/fitness/resources/articles/rowing-machine-benefits-for-cardiovascular-fitness>

Hours For Rowing Classes (indoor and outdoor)

Monday & Wednesday
10am-11am
6:30pm-7:30pm



**UNITED CANCER
SUPPORT FOUNDATION**

ROW 2 RECOVER® PROGRAM

6700 Baum Drive Suite 8
Knoxville, TN 37919
(865) 474-1551
info@unitedcsf.org

UCSF is a recognized 501 (c) 3 non profit organization providing cancer screenings and services to the low income, at risk and uninsured populations nationwide.



**UNITED CANCER
SUPPORT FOUNDATION**

ROW 2 RECOVER®

A Program of
United Cancer Support
Foundation

865-474-1551
www.unitedcsf.org

