

UNTHSC CAMPUS



★ **Health Pavilion 6th Floor #651**
855 Montgomery Street
Fort Worth, TX 76107



D Drop Off

P Parking

P 2 Fitseteps Parking Spots Available

1 Lot 1

UNT Health Science Center is one of the nation's premier graduate academic medical centers, with six schools that specialize in patient-centered education, research and health care.

The program is available through a partnership with Cancer Foundation for Life, the Rutledge Cancer Foundation and the HSC Foundation. The Rutledge Cancer Foundation works to ease the impact of cancer on the lives of teens and young adults, raise survival rates and find a cure for sarcomas and other solid tumor cancers.

A physician referral is required for participation. Complete this form, bring it on the first visit or fax to: 877-931-7975.

Patient Name: _____

Today's Date: _____ DOB: _____ Gender: _____

Phone Number: _____

Street Address: _____

City/Zip: _____

Diagnosis: _____

Cleared For: Exercise Massages Nutrition Meals

Restrictions: _____

Physician Name (Printed): _____

Physician Signature: _____

For questions contact fitsteps@unthsc.edu or 817-735-0550.

How can you make a difference?

FitSteps for Life has received initial funding support from Cancer Foundation for Life, Rutledge Cancer Foundation, and UNTHSC Foundation. Additional community support is needed to sustain the program over time.

To learn more, contact:

UNTHSC Foundation ([817-735-5126](tel:817-735-5126); unthsc.edu/outreach/giving)
or Rutledge Cancer Foundation ([682-312-5514](tel:682-312-5514); rutledgecancerfoundation.org).

GENEROUSLY FUNDED BY



FITSTEPS FOR LIFE

FIGHTING CANCER WITH YOU

FITSTEPS FOR LIFE

FitSteps for Life is a medically supervised fitness program dedicated to providing all types of cancer patients, survivors, and caregivers with hope, support, and education in an atmosphere of wellness. Participants of all ages receive individualized exercise plans empowering them to lead a stronger and healthier life.

- Patient-focused approach
- Free for life
- Specialized exercise plans
- Degreed fitness professionals
- Evidence-based programs
- Community of support



What's important is working with an exercise specialist who understands how cancer effects the body."

- Phil Moroneso, lung cancer survivor.



Exercise improves most chronic diseases like hypertension, heart disease, diabetes, and cancer. It also improves energy, mental function, sleep, strength, endurance, balance, and quality of life.

CUISINE FOR HEALING

A Fort Worth nonprofit organization, with a mission to make healthy, nutritious food readily available to people combating life-threatening diseases, while providing education about the power of food in the healing process.

Foods DO NOT contain:

- Hormones, antibiotics, herbicides or pesticides
- Refined sugars, artificial colors, flavors or sweeteners
- Trans fat, refined or hydrogenated oils
- Preservatives or MSG
- Refined, hydrogenated or partially hydrogenated oils
- Farm-raised fish or soy products

Ingredients are organic when possible (as defined by the USDA National Organic Programs.) Cooking does not include char-grilling, frying or the use of plastics or styrofoam materials.

Cuisine 
for Healing®



SHINE THERAPY ONCOLOGY MASSAGE

A Tarrant County nonprofit, bringing back the "SHINE" to cancer patients through oncology massage and Manual Lymphatic Drainage therapies. Here is a sample of what you can expect:

- Specially trained therapists
- Safe and effective therapies customized for each client
- One free care giver massage



Many clients have reported improvements in a number of the common cancer treatment side effects such as:

- Decreased anxiety
- Improved quality of sleep
- Improved range of motion
- Softened scar tissue
- Improved body image
- Decreased nausea
- Decreased muscle cramps and general aches

 Shine Therapy
oncology massage