



## Restorative Exercises After Breast Cancer

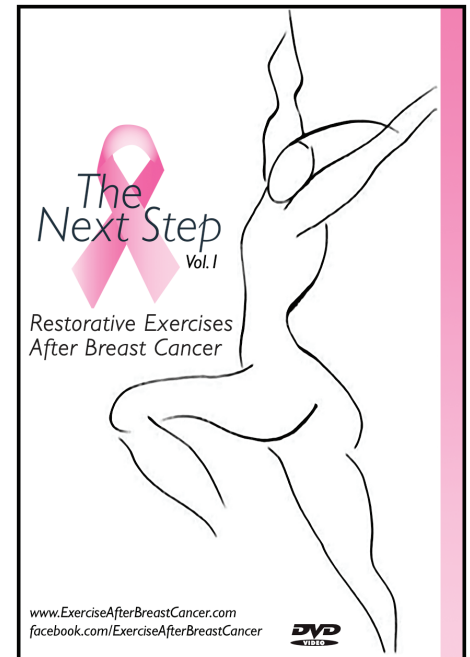
**FOR IMMEDIATE RELEASE**

At Mt. Sinai Medical Center in New York City, The Dubin Breast Center has taken *The Next Step* in an effort to aid clients with recovery after breast cancer treatment, a Santa Fe company, 2 Women On A Mission, has announced.

*The Next Step, Vol. 1: Restorative Exercises After Breast Cancer*, a two-hour DVD produced in Santa Fe by Nancy Hewitt and featuring exercise specialist Lisa Gulotta, is now being distributed by the New York hospital to its patients as they exit treatment and begin the difficult process of recovering their lives.

In the DVD, Gulotta leads four separate classes designed to gradually increase strength and range of motion, as well as a guided relaxation session. It is designed to be utilized in the privacy of one's home, and at one's own pace.

The importance of exercise in recovery for cancer patients is increasingly being recognized by the medical community, and is the subject of a major review in *The Journal of the National Cancer Institute* published in May, which found that regular physical activity for cancer survivors decreases the risk of cancer-related mortality. Fears of exacerbating the fatigue so often associated with cancer treatment also proved false, according to the review; more often, exercise lessened it.



*"Everyone was interested in screening, in early detection, in treatment and in the search for a cure, but no one seemed to care much about what happened after treatment,"* Hewitt recalls of her own experience four years ago. Weak and exhausted after undergoing treatment for breast cancer, she found her way into Gulotta's specialized exercise program at a nearby community center. A longtime producer, Hewitt enjoyed such dramatic improvement from the exercise class that she proposed partnering with Gulotta to produce the first of what they plan to be a series of exercise DVDs. The goal of 2 Women on a Mission . . . to share it with as many of the millions of breast cancer survivors as possible, Hewitt says, and also to fulfill what she feels is *"the obligation of the cured."*

While *The Next Step* sells through their website, [www.ExerciseAfterBreastCancer.com](http://www.ExerciseAfterBreastCancer.com) and Amazon.com, Hewitt and Gulotta always envisioned mass distribution of their DVD through corporate sponsorship or from breast cancer facilities, like Dubin, that would give it away. They still plan for their DVD to be recorded in multiple languages, making it available internationally, and providing millions of survivors around the world the opportunity to regain the physical and emotional self-confidence that Gulotta helped restore to Hewitt.

The Mt. Sinai project, the two women are hoping, will be just the first of many cancer centers and compassionate corporations who can help make this tool to recovery available to so many who need it.

To view previews of the DVD, visit [www.ExerciseAfterBreastCancer.com](http://www.ExerciseAfterBreastCancer.com). For more information about *The Next Step*, contact Hewitt at 505-577-5610 or email to [nancy.hewitt@earthlink.net](mailto:nancy.hewitt@earthlink.net).