

Moving Through Bladder Cancer: How Physical, Mental and Emotional "Exercise" Impacts your Treatment and Mental Health.

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Scott Eriksson:

I'm going to talk about ways that you can integrate exercise into your life. My background, I'm a nerd. I've been a nerd for 35 years. I still spend easily 10 hours a day at my computer, still write software. I was a pretty decent athlete way, way back in the day. In my mid to late 30s, I had a back operation. In my 40s, I gained a lot of weight and I realized I need to find a way to integrate a fitness lifestyle into my life, into my work life.

So little did I know in my late 40s as I started working on this that it was going to become super valuable for me in my 60., right before I turned 60, I was diagnosed with high grade bladder cancer. It was non-invasive. I had a golf ball size tumor in my bladder. Luckily for me it grew into the cavity and not through the wall. But I had to go through the resection and then the second resection and then I just had my last treatment, BCG treatment about two months ago.

So I've been through that journey in the last 18 months or so. But what's interesting is during that time, I still stayed competitive in Masters Track and Field. That was something I picked up at 53 and started competing with a bunch of other older athletes like myself. And so in this time where I was going through the bladder cancer treatment and continuing to work at my software job, I was still fortunate enough to win five national track and field championships and two world championships in Finland this last summer. And then I set a couple American records along the way.

So I really didn't do anything that taxing. As a matter of fact, as you see as we go through this, I'll talk about my approach to it was really basically pretty simple. And again, it was something I started working

Background

Diagnosed with high grade bladder cancer in June 2021.

Won 5 Masters Track and Field National Championships and Two World Championships since July 2021.

Continues to work ~70 hours per week in Software Development



on in my late 40s 'cause I realized I need to find a way to integrate fitness into my lifestyle. So we can go to the next slide. And really that's the challenge. With all our demands of work and then treatment and really life in general, how do we get physically active enough? How do we maintain and increase our levels of fitness while we have all these other things that are calling for our time.

So if you go to the next slide, there are four things that takeaways that I want everybody here to have or at least categories or compartments to think about. One is this concept of something we call microburst workouts. The other is the recognition that life is the gym, right? Everywhere we go, it's an opportunity to do something. Then how do we keep our momentum? Once we build it, this is that time of year where the gyms are packed and in a couple months the gyms will be pretty empty again.

So how do we keep that momentum and enthusiasm going? And so I have a couple tips there for everybody. And then some ways to get started on things.

So if we can go to the next slide. So what is a microburst workout? If you look it up online, you'll probably find different definitions, but for me, it's a short one to two minute exercise that I can do throughout the day.

There's a great quote, and this is a professor out of University of Houston. The one hour a day we spend in the gym does not immunize us for the other 23 sedentary hours of the day. So when I first read that, I really thought about it, it makes sense. Right at that time I was going through to the gym four or five times a week, an hour or two each time. And yet I still had excessive weight gain. I was going back operation and all that.

So I realized that wasn't my answer. So once I heard that quote and I started doing some more research, this phrase kids, cats and cavemen came to me. Look at little kids. They get up, they run around, then they lay down for a while. They might get up a little bit later, run around, lay down for a while.

Finding ways to exercise



With all the demands of work, treatment, and life in general, how can we get physical activity and maintain or increase our levels of fitness?

Take Aways

Microburst Workouts Kids, Cats, and Cavemen	Momentum & Enthusiasm Let's stop making it hard
Life Is The Gym Anyone, Anytime, Anywhere	Getting Started Lighten up and do it.




Microburst Workouts

Short 1-to-2 minute exercises you can do throughout the day

- That 1 hour in the gym doesn't offset the damage from the other 23 sedentary hours of the day.
- Kids, Cats, and Cavemen. What do they have in common?

[Chicken Wings](#)

[Horse Rider & Bow](#)



Look at cats. Some arguably the most athletic creatures on this planet. They're sleeping most of the time, but when they get up, they move, they stretch, they jump, right? These are all little microburst workouts. And then through evolution, early on we were wired cavemen. We couldn't go to the gym for an hour and lay around all day. The saber-toothed tiger would get us.

So I think just evolution wise, we're wired for these short workouts to do throughout the day. Now, this is not an anti-gym concept. As a matter of fact, when we first launched this program a while back of getting a number of people to do these resistance and now use resistance bands... I'll show you that in a bit here. To do these resistance band microburst workouts throughout the day, one of the really cool categories of feedback we got is that almost to a person, everybody had more energy than to go be active after work.

So again, really easy. Doesn't need to be complicated. As a matter of fact, I don't know, Stephanie, if you can open up that link there that says chicken wings and we'll see if it plays a video. If it doesn't, not a big deal. Watch the video here. Chicken wings: <https://vimeo.com/253170256>

Scott Eriksson:

And this is just an example of... And I'll get into the little details a little bit more later, just by carrying a simple flat resistance band with you, you'd be amazed at the types of exercises you can do. And let's be honest, as we get older, it's not so much about building strength, it's about maintaining mobility, flexibility and then finding ways and opportunities throughout the day.

All right. One of the best things we can do for our shoulders is chicken wings. We can do these throughout the whole day. Just grab your flat band about shoulder width apart, pinch your elbows into your side and rotate your hands to the outside. Go light enough so that you can really rotate out. And again, you can just adjust where your grip is on the band for resistance and you're good. That's chicken wings.

So as you see, simple, super simple. But especially if we sit down a lot all day, our shoulders get rounded. There's other ones we do for our hips. There's so many ways of doing things throughout our life where the life is a... So if we can go to the next slide.

There is a brand new one called Tomahawk Ab Crunchers. It's going to seem a little complex, but once...

There you go. Thank you. We'll wait for that next slide to come up. Okay. So what are some of the concepts of being able to do these exercises throughout the day? And so this is what works for me. And I went through a number of things from having free weights in my office to trying yoga in my office. And eventually it came back to the resistance bands. And so one, make it convenient. These things are so inexpensive.

I actually have resistance bands in my computer bag, in my office. I have them hanging on the stairs as I walk down from my home office down to the

Life is the Gym

Keys to exercising throughout the day

- Make it convenient: Have resistance bands close by.
- Get reminders on my phone.
- Committing to something in the future, a dance, a competition, a group activity
- Removing personal barriers to integrating fitness into my day

kitchen to get a cup of coffee or something. So there's always opportunities to do a little stretch. And just by any movement that we do, add a little resistance and you'd be amazed at the difference it makes for you.

I send reminders to myself on the phone. So four times at Workday, I get a little reminder with a quote and just to get up and do it, to move. Grab my resistance band and move. And then here's something that... And I don't want to steal Mark's thunder. We're both masters athletes. For me, having something in the future that I've committed to, whether that's going to a dance with my wife or having a track and field meet that I'm going to go to, having something I've committed to really helps me stay on point to say, "You know what? Yeah, I do need to do these exercises."

So I think a little tip there. Committing to something that's going to require you to be active in the future is a great way to keep motivated in the present. And then the last thing, and this is super, super important, try to identify the personal barriers to integrating fitness into your day. So for me, there were four. And so again, let's go to the next slide. I like to do these at work.


So because I'm at work and I'm a self-professed workaholic, I love what I do. That's why I spend so much time at my computer each day. So I don't want to take a lot of time. I'm not going to go for a half hour walk, even a 15-minute walk. So I need these things to be short. That's why I like the one to two minutes. I don't want to get down on the floor to exercise. So with the resistance bands, there's a lot of stuff you can do even for your core that you can do while you're standing up or seated at your desk.

I don't want to have to change clothes at work. Again, it's time. And so you're doing a one to two-minute activity. It's an opportunity to get a little exercise in there. You can do it right in your work clothes. And lastly, I don't want to sweat. Trust me, people who work with me, they don't want me to sweat either. So those are my four personal barriers. So I had to be honest with myself. What keeps me from sustaining my fitness routine? And it was these four. Once I removed them, it became much easier.

Life is the Gym

The Personal Barriers I had to remove to exercise during the day.

- I don't want to take a lot of time
- I don't want to get on the floor to exercise
- I don't want to have to change clothes to exercise
- I don't want to sweat. At least not at work



So now remove the physical barriers, remove the things that keep you from working out. How do we maintain that enthusiasm? And so there are a couple tips or things that I've realized over time. One, we can't act consistently in a way that's inconsistent with how we see ourselves. And so I see it all the time. I'm sure Mark and Matt do as well. Trying to use negative self-talk as a motivator. "I'm too weak, I'm out of shape," all that. That's a tough way to go.

Praise yourself instead for the participating in the process. Yeah, I did four microbus workouts today or I went to the gym today. Right? Praise yourself for the process. It's cliché if anybody's been around exercise for a while, but it's so true. And then lastly, we need to lighten up. I tell people all the time, if you stop, just restart. It's as simple as that. And then consciously, if you can acknowledge your boost that you get when you get that feel good, you get the dopamine or the endorphins after our exercise, consciously acknowledge those. That'll help you retain that feeling.

Some things that come up quite a bit. How long should you work out? Well, these are just a couple tips that I have that have worked for me for years. I always leave when I feel like I could do more. Keeps me wanting to come back. So especially when you get to a certain age, or especially if you're going through treatments, exhaustion is not a good thing. As a matter of fact, when I was diagnosed I reached out to a doctor at a holistic practice in Arizona just to talk to him. And he told me working out was fine.

He said, "Don't try to lose too much weight and don't become oxygen deprived and don't get exhausted." So I thought that was pretty good advice. It also is good advice to keep us coming back to the gym or coming back to our workout. And then lastly, what about those days where we're tired? Some of my best workouts have been where at the end of the day where I feel a little lethargic. On those days I might just be brain dead and body tired 'cause I haven't done much. So the way I tell if I'm actually physically tired, need recovery or if it's just low energy at the time that might pick up is if it

Momentum & Enthusiasm

We can not consistently act in a way that is inconsistent with how we see ourselves

- Avoid negative self talk as a motivator
- Reward and praise yourself for participating in the process
- Lighten up. If you stop, don't beat yourself up, just start again.
- Consciously acknowledge boosts to your mood and your energy after an exercise.
 - We found that participants in our "At Work Fitness" program reported more energy & enthusiasm for being active after work."



Momentum & Enthusiasm

At the Gym Less Can Be More

- How do you know when you have done enough?
 - I make sure to leave the gym when I still feel like I want to do more. This prevents exhaustion and keeps me enthusiastic about coming back.
- Should we push through it when we are tired?
 - If I am feeling lethargic after work, my energy will pick up within the first few minutes of exercise. If it doesn't then I stop.



does. Within a couple minutes of my warmup, if my energy picks up, that's great. I was probably just a little lethargic. But if I'm still tired, then that's my sign that I just... To stop and take a rest day.

So golden rule, and I'm sure others will agree with me on this, much easier to come back from a workout that was too light than it is from an injury or illness from overdoing it. I only bring this up because a lot of times when people haven't exercised in a while, or even if they're new, it's so easy to overdo it because you don't feel so sore when you're working out. But the next couple days afterwards you will feel it. So much easier to come back from doing too little than doing too much.

And then getting started. Really, I'm going to reiterate some things here. Keep in mind it just takes a couple minutes. Right? Going to get that coffee, have that resistance band, do something with it. With the resistance bands, you can control the intensity. That's great about them, right? It's not unlike a freeway where it's a set weight, where you start that resistance band, where you hold it, how fast you move it. You're in control of how much resistance you have. Avoid the negative self. Image motivation, acknowledge the positive mood, and again, super, super important. Lighten up and have fun.

This is just an example of when I get these text reminders, here's the types of exercises I have. It won't mean much to anybody, but to sort of recap it, I focus on shoulder hip mobility in the morning. Then I might move this posture. There's a lot of yoga moves in the mid-morning.

Afternoon, there might be some strength and the end of the day is more fun, aerobic type stuff,

Momentum & Enthusiasm

Golden Rule

It is much easier to come back from a workout that was too light than it is from an injury or illness due to over doing it.

Remember This is a journey and process of improvement for the long haul, it's not about having a single bad-kicking workout.



Getting Started

1-to-2 minutes is all it takes

- Get a flat resistance band and keep it with you.
- With resistance bands you can control the intensity. Start easy, start light.
- Avoid negative self-image motivation. Use self talk to praise your participation.
- Acknowledge the additional mood, focus, energy and cognitive benefits to exercise.
- Lighten up and have fun. If you stop, just restart.



Microburst Workout Week

	Early AM	Mid Morning	Afternoon	End of Work Day
Monday	Chicken Wings	Crescent Moon	Wall Pushups	Up Chuck Norris
Tuesday	Donkey Roos	Sunrise Warrior	Horse Rider and Bow	Chief Pontiac's Canoe
Wednesday	Hitch Hikers	Three Point Chi	Cross Body Sky Punch	Butter Fly and Bee Stings.
Thursday	Hands Up Cowboy	Umpire Squats	Lawn Mowers	Speed Skaters
Friday	One Legged Hitch Hikers	Bob Ross Paints the Horizon	Bird Squats	Wood Choppers



maybe a little bit. Some butterflies and bee stings for example is like a boxing move holding resistance bands. So you can see by the names here, I try to make it fun. It keeps you interested, and then you just do the one to two minutes throughout the day.

If you want to go next slide, this particular workout is up on a website called microburstworkout.com and BCAN is the password. So if anybody wants to go out there and look at that. I think there might be a typo here. I don't think you need the wow at the end of it. So that's my journey with having bladder cancer and exercising through cancer and the treatments and how to keep it fun and interesting and short. And also, how it coexisted with that treatment program that I had. So I thank everybody for the time. At this point I'll turn it over to Mark.

Microburst Workout Of the Week (W.O.W.)

<http://microburstworkout.com/WOW>

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