

Moving Through Bladder Cancer

PHYSICAL – MENTAL – EMOTIONAL

SCOTT ERIKSSON & MARK BLOCK

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Simple, Easy, & Fun

TIPS FOR MAKING EXERCISE AN EASY PART OF YOUR LIFE



2



My Bladder Cancer Journey

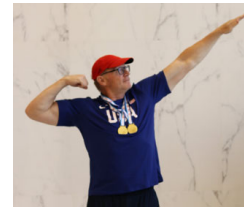
Diagnosed with high grade, non muscle invasive, bladder cancer in June 2021.

Met with Dr Woldu and his team at UT Southwestern Medical Center in July 2021.

Won 4 Masters Track and Field World Championships and 6 National Championships between July 2021 and April 2023.

This took an adjusted approach to exercise.

Continued to work ~70 hours per week in software development.



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Exercise was a Difference Maker

"I am confident that Scott's attitude, energy, and **approach to exercise** are contributors to his ongoing successful treatment and **his quality of life during treatment.**"

Solomon Woldu, M.D.
UT Southwestern Medical Center

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Consistent Exercise can be a Challenge

Many of us already live increasingly sedentary lifestyles.

The anxiety, and the treatments, that come with a cancer diagnosis can make it even more difficult to exercise and be active.

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Today's Goal

6 Tips that make it **easier, more effective, and more fun** to exercise even during our treatment journeys.

... and we'll throw in a few example exercises that almost anyone can do.



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The Benefits & Dangers of Exercise

Benefits

Mental: Attitude, Confidence, Energy

Physical: Strength, Balance, Mobility, Posture

Chemical: Dopamine and Serotonin release

Dangers

Avoiding Exhaustion & Oxygen Deprivation

Exercising to a state of exhaustion has been shown to weaken the immune system.

Oxygen Deprivation has been shown to negatively affect the body's ability to fight cancer.

And of course, there is the ever present medical professional disclaimer.

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Tip # 1: Less Can Be More

“Stop, when you still feel like you could, and should, do more.”

This is an important rule of thumb for everyone, especially gym rats, over-achievers, and workout-aholics.

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#1 Chicken Wings with Salsa.

Stand straight, arms bent, elbows tucked into your sides, holding the band in each hand. Complete the following steps keeping your elbows tucked to your sides the entire time.

- Step forward with your left, rotate your hands out to your sides.
- Step back with your left rotate your hands back to the front. Keep elbows tucked to your sides.
- Step back with your right, rotate your hands out to the sides again.
- Step forward with your right rotating your hands back to the front.
- Repeat the cycle.



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Tip # 2. Move Throughout The Day

One-to-two minutes is all it takes!

Short “Micro-Burst” resistance-band exercises can be done throughout the day, by anyone, anywhere, anytime.

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Microburst Exercises

(One of the best ways to move throughout the day)

1. Affordable & Accessible
2. Anyone can do them anywhere, anytime
3. A controllable “safe” form of resistance
4. Includes the benefits of other exercise styles all in one short exercise.

Improve Mobility, Posture, Balance, Strength, Metabolism & Mood



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3 Umpire Squats

1. Stand straight, arms extended (forward or overhead) holding the band in each hand.
2. Step to the side and into a wide squat position while extending the arms to the side. (Like an umpire calling “safe” in the 7th inning at home plate.
3. Repeat 6-to-8 times stepping to the right and 6-to-8 times stepping to the left.



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Tip #3. Remove your obstacles to exercise

1. I don't want to spend a lot of time.
2. I don't want to get down on the floor.
3. I don't want to have to change clothes or need to shower afterwards.
4. I don't want to overheat.
5. I don't want to get injured.
6. I don't want to achieve Ex-Ox.

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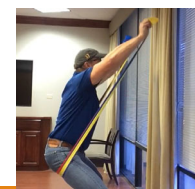
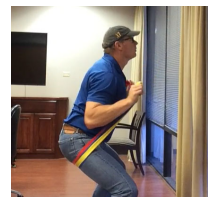
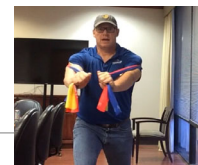
#4 Three Way Chest

Three variations, 1. Bands across the back-top of your shoulders, 2. Under your arms, and 3. Behind your upper legs.

#1: Wrap your bands across your back, over the top of your arms. Get a little bend in your legs and some forward lean. Bring your hands together.

#2: Wrap your bands across your back and under your arms. Get a little bend in your legs and extend your arms forward. Work in some lunges. Bring your hands together.

#3: Wrap your bands behind your legs, right underneath your glutes. Squat down enough so your bands don't slide up your back and extend your arms forward in an incline press.



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Tip #4 Leveraging the Right Motivators

1. Recognize Away vs Towards motivation.
2. Avoid negative self-image as a motivator.
3. Focus on the process, celebrate the consistency.
4. Lighten-up and have fun.

"It's impossible to consistently act in a way that is inconsistent with our self image and our self talk."

Ancient NERDbody

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#5 Butterflies & Bee Stings

Step on the middle of your band (flat or tube) with your back foot, get a little bounce in your legs and repeat the following cycle for 15-30 seconds. Switch legs, step on your band with the other foot and do it all again.

1. Jab



2. Cross



3. Hook



4. Upper Cut



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Tip #5 Sharing Goals

Dr Woldu shared his treatment goals with me up front, and he listened in earnest to the personal goals I had. His recommendations were made with consideration of our collective goals.

Dr Woldu's sincere interest in "sharing goals" helped my confidence in pursuing my quality-of-life goals.



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6 Wood Choppers

Step on the end of your band with your left foot. With the band behind you grab the band in your hand and reach up and out to the right side (1). Reach up with your left hand, and start to pull your arms forward (2) like you are swinging an ax. Focus on reaching out in front (3) as you bring your right elbow to your left knee. (4) Repeat 10-12 times, Switch sides, and do it all again. As you pull forward and down really focus on what your abs and obliques are doing.

1.



2.



3.



4.



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Tip #6. Join a community (or two)

Actively participate in a fitness related community or group.



So many people are overcoming their own challenges to stay as active, healthy, and fit as possible.

MASTERS TRACK & FIELD

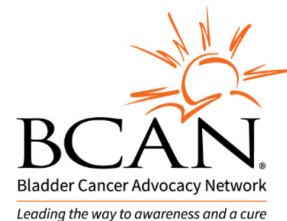
Fitness requires a continual recalibration of **our goals** based on the situations and circumstances in which we find ourselves.

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Tip #6. Join a community (or two)

Of course, you want to be involved in BCAN.



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The 6 Tips for Exercise & Fitness

1. Less can be more
2. Move throughout the day
3. Remove your exercise obstacles
4. Leverage the right kind of motivation
5. Share goals
6. Join a community (or two)



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Thrive & Survive!



We can live heroically, and experience the empowering thrill of victory, by pursuing goals just beyond what would be easy, given our situations, and our circumstances.

"All the great and epic stories are comeback stories. This is another chance to continue writing yours."

Tom Ziglar

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Thank You!

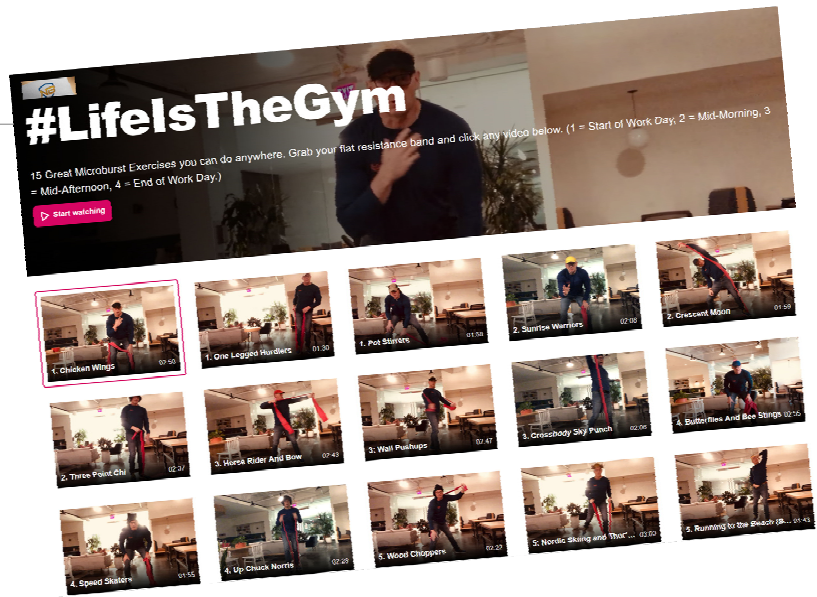
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Mark Block

American Collage of Sports Medicine
Certified Personal Trainer
and Bluerisa Life Coach

CREATOR AND HOST: WWW.BLUERISA.COM
JOURNEYING THE CROSSROADS OF HEALTH AND HAPPINESS



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HOW QUICKLY
THINGS CAN CHANGE



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*IF YOU KNOW YOUR WHY, YOU CAN FIGURE
OUT HOW TO DO YOUR WHAT.*



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WHY

*DO YOU GET UP IN THE MORNING
WHAT IS YOUR PURPOSE?*



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HOW

*HOW ARE YOU GOING TO DO YOUR WHY?
HOW TO ACCOMPLISH YOUR PURPOSE?*



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BCAN 2023
FALL SUMMIT



NASHVILLE




WHAT
ARE YOU GOING TO DO TO ACCOMPLISH
YOUR WHY, YOUR PURPOSE.



BCAN
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NASHVILLE

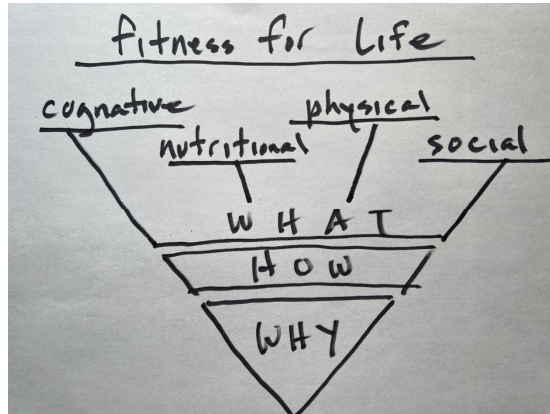
***how** to be physically fit*
***how** to incorporate more movement*
***how** exercise affects stress management and
mental well-being*

BCAN REIMAGINED



BCAN
Bladder Cancer Advocacy Network

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FIT FOR LIFE PYRAMID



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Cognitive, Nutritional, physical, social fitness

WHAT ARE THESE FITNESSES SAYING ABOUT MY WHY



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WHY STARTS IN YOUR COGNITIVE FITNESS: THE FITNESS OF YOUR BRAIN!



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THE PROCESS OF THINKING MAKES US HUMAN.



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THE QUEEN OF HEARTS

SOMETIMES BELIEVED IN AS MANY AS SIX IMPOSSIBLE THINGS BEFORE BREAKFAST.



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NUTRITIONAL FITNESS

WHY DO YOU EAT WHAT YOU EAT



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*TIME TO FEED YOUR BRAIN
AND YOUR BODY*



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SOCIAL FITNESS
THE HAPPIER YOU ARE, THE LONGER YOU LIVE



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*SOCIAL FITNESS EXERCISE
A TRAIT OF SOME OF THE LONGEST LIVED PEOPLE*



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**Purpose, Our Why
Belonging,
Family
Social Circle,**



*UNIVERSAL 8
EIGHT GUIDING PRINCIPLES OF THE WORLDS
LONGEST LIVED PEOPLE*



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Exercise
Happiness
Eating right

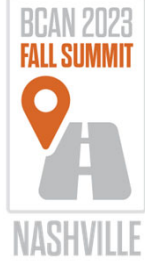
Managing stress



UNIVERSAL 8
EIGHT GUIDING PRINCIPLES OF THE WORLDS
LONGEST LIVED PEOPLE



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THE 8TH PRINCIPLE, MANAGING STRESS



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- 1. Situational:
The realities of our lives
- 2. Physiological stress:
Physiological Response to Trauma
- 3. Psychological stress:
Self-induced

WHAT IS PUTTING THE SQUEEZE ON YOU?




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JUST LIKE THIS TENNIS BALL, ONLY YOU CAN CONTROL THE SQUEEZE OF STRESS.




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THE UPSIDE OF STRESS
STOP BEING SO HARD ON YOURSELF




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“Grant me the serenity to accept the
things I cannot change,
The courage to change the things I can,
and the wisdom to know the
difference.”

The Serenity Prayer



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BCAN 2023
FALL SUMMIT



NASHVILLE




AS OUR DIFFERENT FITNESSSES EVOLVE OUR LIVES EVOLVE!



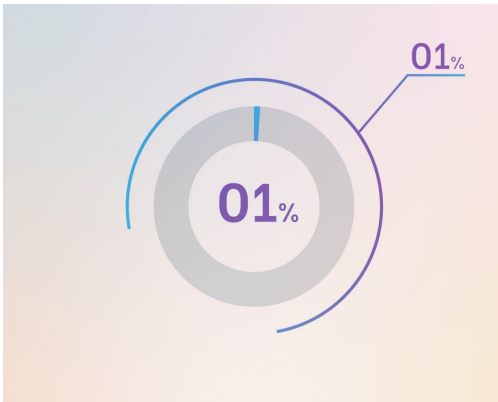
BCAN
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BCAN 2023
FALL SUMMIT



NASHVILLE



*MAKE YOUR WHY A HABIT
BY MAKING 1% GAINS, EVERY DAY*



BCAN
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WHY *Is it important to be physically fit.*

HOW *can you that importance be part of everyday life.*

WHAT *can you do in your daily lives to make a difference after your cancer diagnosis.*

THE REIMAGINED BCAN



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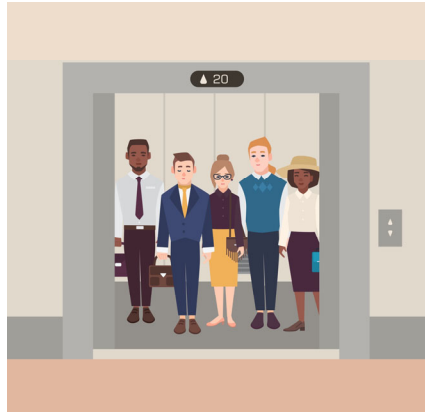
We can rewrite our outcome for a new story.

This is the best time to believe in impossible things

**WHO ARE YOU?
HOW DO YOU COMMUNICATE IN 15 SECONDS?**



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WHAT IS YOUR ELEVATOR PITCH?



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BLUERISA

THERE IS A VAST WORLD OUT THERE, STILL TO BE JOURNEYED.

DO SOME IMPOSSIBLE THINGS



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