

Active AND well

AFTER BREAST CANCER

BREAST CANCER NETWORK AUSTRALIA

Issue 12, November 2015

Consistency and maintaining healthy habits

Hello and welcome to another issue of *Active and Well After Breast Cancer*.

This issue is all about consistency and maintaining your healthy habits for life. Read about Jennie Copley and her experience setting up the annual 10,000 steps health and wellbeing challenge, proudly sponsored by NT Breast Cancer Voice. We will also look at LiveLighter, an online resource dedicated to supporting Australian families to eat well and move more. Be sure to check out the fresh recipe idea and of course our top tracks to move to!

Steph Fletcher
Programs Officer, Active and Well

Ingredients

- 1 large onion
 - 2 cloves garlic
 - 1 tbs cold-pressed coconut oil or olive oil
 - 1 zucchini
 - 1 fennel bulb (with top greens)
 - 2 cups/400 g organic GMO-free firm tofu
 - 300 g fresh chanterelle mushrooms or mushrooms of choice
 - 1-2 tsp sea salt and black pepper
 - 2½ cups/600 ml cooked quinoa, any colour (1 cup/200 g uncooked)
 - 2 large handfuls baby spinach
- For serving**
- 4-5 sprigs chopped parsley or fennel top greens (or both!)
 - 100 g crumbled feta cheese (optional)
 - 1 corn cob, kernels cut off with a sharp knife
 - 2 limes

'Remember, if you are persistent, you will get it. If you are consistent, you will keep it.'

Breast Cancer Network Australia



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What's cooking in our kitchen?



Chanterelle, quinoa and tofu stir fry

www.greenkitchenstories.com

Serves 4



Instructions

1. Chop onion and garlic very finely.
2. Heat coconut oil in a skillet on medium to high heat. When hot, add the onions and garlic and let fry until fragrant.
3. Meanwhile, chop zucchini and fennel into coarse pieces and cut the tofu into small squares. Add everything to the skillet and stir to combine.
4. Clean the chanterelles with a soft brush (baking brush or toothbrush). If they are very dirty, wash them with a little water and dry well. Slice the stem and the cap lengthwise into large pieces. Add them to the skillet along with salt and a generous amount of black pepper and sear for 5-10 minutes, stirring occasionally, until everything is tender, but still with a chewy texture.
5. Add the cooked quinoa and spinach and combine everything. Keep stirring until the spinach is wilted down.
6. Season to taste. Serve in bowls and garnish with a generous amount of finely chopped parsley, feta cheese and corn kernels and squeeze over ½ lime per serving.

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Australian Cancer Survivorship Centre
A Richard Pratt Legacy



Ask the Expert: Exercise

from *The Beacon* 73 summer 2015

Dr Sandi Hayes is a Senior Research Fellow with the Institute of Health and Biomedical Innovation, Queensland University of Technology. Her research priorities include the role of exercise in breast cancer recovery and lymphoedema. *The Beacon* asked Sandi about the importance of exercise for women with breast cancer.

Do you have any tips to overcome fatigue and lack of motivation?

While fatigue is a barrier to exercise (who wants to exercise when they feel tired!), unfortunately, lack of exercise only makes fatigue worse. If you are getting fatigued when exercising, the following advice may help:

- Understand that the first five minutes is the worst time to assess how you're going.
- Exercise takes your body from a starting point of 'stopped' to working reasonably hard, with increased demands on the muscles, heart and lungs. It takes at least five to 10 minutes for your body to catch up to your level of activity and even out.
- Make sure that the first 10 minutes are slow and gentle. If you're feeling okay, then pick it up a little for the next 10 minutes. You want to know that you've worked while exercising, but you should not feel exhausted.

The key rule is that while exercise may make treatment-related side effects better, it should not make them worse. If exercise is making your symptoms worse, then stop and talk to your treatment team.



Other barriers, such as lack of motivation, are the same barriers that women without breast cancer face. To overcome these it is important to recognise the benefits of regular exercise, set some exercise goals and schedule exercise into your weekly activities.

What advice would you give someone who would like to start exercising?

Find something you enjoy, because if you don't enjoy it you won't do it. Remember that doing any physical activity is better than doing none. Exercise is one of the few things you can control when everything can feel like it's out of control - you choose when, what type and how much you do. Plus, it's free!



Profile: Jennie Copley



In 2010 whilst working as a breast care nurse at Royal Darwin Hospital, I was often in discussions with women going through breast cancer treatment about the benefits of exercise in managing fatigue, weight gain and the fear of recurrence.

I spent time trying to encourage women who had not previously been too aware of the benefits of exercise to take short walks at the very least. It was at this time that I decided to organise a 10,000 steps challenge and with the help of an occupational therapist and dietitian, I began the first challenge. However, it was also about this time that I decided to retire and so I approached NT Breast Cancer Voice to request that we run the challenge under their auspices.

Dragon's Abreast and my husband's business kindly donated pedometers. These are basically all that is needed - that and an enthusiastic team. I canvassed local businesses for suitable prizes as we all like a reward at the end of the day. A lady who decided to participate put up her hand to process the fortnightly step tallies and away we went. No weigh-ins, no measurements, no pressure - just fun and friendship.

The three-month 10,000 steps challenge is a self-motivated initiative whereby participants can do as little or as much as they can or want to. However, it does encourage walkers to be a

Twelve months after I was diagnosed with breast cancer in 2010, I was encouraged to take part in the 10,000 steps program. This program offered a way of regaining fitness, both mentally and physically, in the company of other women who had been through a similar experience. Setting your own goal each week, it didn't matter if you walked more steps or not, the emphasis was on 'getting moving' and being connected to others.

In my case this became even more important over the past few years as I also suffered from an aneurysm, which left me incapacitated, unable to drive and at times feeling very isolated. This program allowed me to feel part of the group, as each week I would send in the small number of steps I was able to do around my veranda. I gradually regained my health and was able to join in the organised walking activities with the other 10,000 steppers.

It has been a great way to meet other ladies, hear their stories and above all make new friends.

- Maree, 10,000 steps challenge participant

little competitive with each other in a friendly, non-threatening environment. Although some women may start out not being up to 10,000 steps a day, by the end of three months they are challenging themselves to do more than 10,000 steps per day. Prizes are not awarded solely on who has done the most steps per week, but as an encouragement to improve.

At the end of the three-month challenge we engage in a finale walk and an overall prize is awarded. Most women now have Fitbits or the like and go on to incorporate 10,000 steps into their day as a matter of course.

If there are any other groups who would like to start a similar challenge and would like any help or advice please email jenniecopley@hotmail.com.



Helpful services, people and apps



LiveLighter - get the whole family eating healthy and moving more

LiveLighter is a program developed in Western Australia that aims to encourage Australian adults to lead healthier lifestyles – to make changes to what they eat and drink, and to be more active. This program has been designed to help people understand why they need to take action and what simple changes they can make in order to 'LiveLighter'. From the website, you can access a range of health and wellbeing resources, including a meal and activity planner, a risk calculator, top tips and recipe ideas.

www.livelighter.com.au

BCNA resources

BCNA offers free, practical fact sheets and booklets on a range of topics. To read or download them, visit our website. You can also order a printed copy to be sent to you by phoning 1800 500 258.



www.bcna.org.au

Top tracks

- **Rebel Rouser**
Duane Eddy
- **Fortunate Son**
Creedence Clearwater Revival
- **Land of 1000 Dances**
Wilson Pickett
- **Need You Tonight**
INXS

Feedback: We love hearing from our members. Please let us know if you have any feedback regarding this newsletter. Email communityprograms@bcna.org.au.



For more information about our project partners:

Australian Cancer Survivorship Centre www.petermac.org/cancersurvivorship or phone 9656 5207.
BreacCan Gynaecological and Breast Cancer Support www.breacan.org.au or phone 1300 781 500.