

## *Background* FOUNDER

Doreen Puglisi is the founder and program director for The Pink Ribbon Program. She opened her first facility in 1998 and her second in 2002. As an exercise physiologist, Doreen is dedicated to quality Pilates instruction as well as design and implementation of specialty programs for clients with specific medical limitations. While working with patients who were breast cancer survivors, Doreen saw a need to design a specific post-operative program for these survivors. Hence, The Pink Ribbon Program was created. This need became even more apparent to Doreen when she, herself, was diagnosed with breast cancer. She underwent a total mastectomy. The pain associated with the surgery as well as the loss of mobility in her affected arm was not something she was prepared for. After her surgery, no formal physical therapy was prescribed. Doreen was able to use her Pink Ribbon Program to regain the range of motion as well as strength in her affected arm. This personal experience has helped Doreen to truly understand and reshape The Pink Ribbon Program and the need to reach all breast cancer survivors.



Doreen's credentials include a Master's Degree in Exercise Science, BA from Seton Hall University, a Fitness Leader Certification and she is a Certified Cancer Exercise Specialist. She is also the Chairperson of the Health Education and Exercise Science Department at County College of Morris, Randolph, NJ.



Exercise may be the last thing you feel like doing after breast cancer surgery. You're probably exhausted, your arm may be painful and swollen, and the adjuvant treatments can make you feel even worse. All you want to do is rest. In the past, that's exactly what doctors recommended. However, recent studies indicate a link between moderate physical exercise and improved quality of life for breast cancer survivors.



We are dedicated to promoting a healthy lifestyle and positive body image to all breast cancer survivors. The Pink Ribbon Program will help stretch and strengthen the shoulder, chest, back, and abdominal muscles, allowing women to regain full range of motion to those areas affected by breast cancer surgery. This program is suitable whether your surgery was recent or several years ago and accommodates all fitness levels.

### **BENEFITS OF THE PINK RIBBON PROGRAM:**

- Reduces feelings of depression
- Improves self confidence and control
- Helps regain strength and mobility in affected shoulder and arm
- Enhances energy levels
- Helps to control weight
- Improves sleep
- Alleviates fatigue
- Decreases stress and tension
- Enhances physical and mental well-being



### **POST-REHABILITATIVE BREAST CANCER EXERCISE SPECIALIST**

The Breast Cancer Exercise Specialist (BCES) is a professional qualified to assess, design, and implement individual and group exercise and fitness programs for those diagnosed with cancer. The BCES is skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise recommendations and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. The BCES will have a complete understanding of the entire cancer process from diagnosis to treatment, recovery, prevention of lymphedema, and contraindications.

[WWW.PINKRIBBONPROGRAM.COM](http://WWW.PINKRIBBONPROGRAM.COM)

The Pink Ribbon Program is a not for profit organization

## INTEGRATED FITNESS SOLUTIONS

The right kind of exercise guided by trained professionals can be of great benefit for women recovering from breast cancer.

INTEGRATED FITNESS SOLUTIONS is a fully certified Pilates studio that specializes in helping breast cancer survivors recover their lives, dignity, and beauty.

Pilates, helps to strength the core and build flexibility. For example, deep breathing, a fundamental part of Pilates exercise, tops the list of exercise for women in recovery.



Owners Linda Stout and Susan Milosky

*Classes are limited, please call for a consultation or if you have questions ~*

**Wednesday – 5:30 PM**  
**Thursday – 1:00 PM**  
**Saturday – 11:15 AM**

*PINK RIBBON PROGRAM  
recommends two classes per week*

**INK RIBBON PROGRAM**  
Post-Operative Workout Enhancing Recovery  
**Integrative Fitness Solutions**  
301 Oxford Valley Road  
Yardley, PA 19607  
215.321.7003  
www.ifsPilates.com



**OFFERING STRENGTH,  
SELF-ESTEEM AND  
QUALITY OF LIFE  
TO BREAST CANCER SURVIVORS.**

### LOCATION:

**INTEGRATIVE FITNESS SOLUTIONS  
Pilates Studio**

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