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## An exercise program for adult cancer survivors.

Triumph Fitness is a 12-week program for survivors who have recently completed treatment. Triumph is specifically designed to help participants:

- Build muscle mass and strength
- Increase flexibility and endurance
- Improve the capacity to perform activities of daily living – from work to play

Triumph Fitness can also help reduce the severity of cancer side effects, prevent unwanted weight changes, and improve energy levels. An additional goal of the program is to empower participants - so they can continue to triumph on their own.

Classes are held twice per week, currently in a safe & effective virtual format, in the Sacramento metro area. Certified instructors provide personal, small-group instruction. There is no cost to participants.

Who can participate? All adults who:

- Have completed their cancer treatments.
- Have a strong desire to improve their fitness level.
- Can commit to a 12-week program.
- Have received permission from their physicians.

What You Can Expect

- An encouraging, safe environment for gaining – or regaining – physical strength.
- The chance to meet fellow survivors who are just getting into fitness after battling cancer.
- The guidance needed to continue with a fitness regimen that works for you at home or at a gym.

The Inspiration for Triumph

After her own cancer experience in 2000, Sacramento Architect Pam Whitehead, a uterine cancer survivor, recognized a need for an exercise-focused recovery program for survivors. She created and launched Triumph Fitness in 2005.

Funding for Triumph Fitness is provided by the Triumph Cancer Foundation, a registered 501(c)(3) nonprofit organization, Tax ID #45-3968833. Thanks to the generosity of many donors and sponsors over the years, this program is available at no cost of participants.

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