

# HEALTH

IS WEALTH



## FALL FITNESS TIPS

*Staying Active As The Seasons Change*

## POST-TRAINING RECOVERY

*Techniques for Faster, Stronger Results*

## CARDIO HEALTH SPOTLIGHT

*Heartrate Highways: Navigating Your Cardio Training Zones for Peak Performance*

USD \$9.99



PROSPR 9.COM

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BREAST CANCER AWARENESS EDITION

ISSUE. NO4

HEALTH IS WEALTH

*Intro*

# Breast Cancer and Fitness: The Vital Connection

October is Breast Cancer Awareness Month, but awareness and action need to be year-round. One area that's gaining attention is the connection between fitness and breast cancer. Whether it's prevention, during treatment, or recovery, fitness plays a significant role in how the body handles and recovers from breast cancer.

Continued on [page 04...](#)



*Intro*

# Table of Contents

Thank you for taking the time to read this edition. We hope you find the content insightful and engaging. Your support is appreciated!



## Section 1

Intro	01
Testimonial	03
Breast Cancer & Fitness	04
Fitness Recovery	06
Monthly Recipe	12

## Section 2

Fall Fitness Tips	13
Mental Health Spotlight	16
Cardio Training Zones	17
Merch Lookbook	20
Signing Off	22





# DISCIPLINE & DEDICATION

Romona Rene

After my breast cancer diagnosis, I faced a journey I never imagined. Between surgeries, chemotherapy, and radiation, I felt like my body was no longer my own. I lost strength, stamina, and even confidence in what my body could do. But with the encouragement of Prospr 9, I found a path to regain my health and rediscover my strength.

Starting with low-intensity exercises tailored to my needs, my trainer guided me through a program that respected my limits but helped me push just enough. Each session became a space where I could feel powerful again. Slowly, I saw my strength returning, not just physically but emotionally, too. Prospr 9 was there every step of the way, offering support, understanding, and a plan that suited my unique recovery needs.

Now, I feel stronger and more resilient than ever. Training with Prospr 9 has not only helped me rebuild my body; it's given me a renewed sense of hope and empowerment. Cancer took a lot from me, but thanks to this journey, I've gained back so much more.

## FITNESS AND PREVENTION

Research suggests that regular exercise can reduce the risk of developing breast cancer.

Women who engage in physical activity, particularly those who maintain moderate to high levels of aerobic activity, may lower their risk of developing breast cancer by up to 25%.

Exercise helps regulate hormones like estrogen and insulin, both of which have been linked to breast cancer risk.

Additionally, physical activity supports weight management, and maintaining a healthy weight is crucial in reducing breast cancer risk.

## POST TREATMENT AND RECOVERY

Fitness doesn't stop being important after treatment ends. Survivors often experience lingering side effects from treatment, such as decreased bone density, risk of lymphedema, and cardiovascular challenges. Engaging in weight-bearing exercises like walking, running, or resistance training can help rebuild bone density. Cardiovascular exercise helps improve heart and lung function, which may be impacted by certain cancer treatments.

For those at risk of lymphedema, a condition where lymph fluid builds up and causes swelling, exercise can help by promoting circulation. Special care should be taken to avoid exercises that can exacerbate the condition, but with the guidance of a healthcare professional, exercise remains a key component of recovery.

## FITNESS DURING TREATMENT

Once diagnosed with breast cancer, many women face the challenge of treatment-related side effects like fatigue, weight gain, loss of muscle mass, and a decrease in cardiovascular fitness. Though it may seem counterintuitive, exercise can help reduce fatigue during treatment.

In fact, studies have shown that cancer patients who engage in light to moderate physical activity (such as walking, cycling, or yoga) report less fatigue and a better quality of life. Resistance training is particularly useful in maintaining muscle mass and strength, both of which can suffer due to chemotherapy or radiation.

## MENTAL HEALTH BENEFITS

Physical activity also plays a huge role in mental well-being, which is especially important for those battling cancer. Exercise releases endorphins, reduces anxiety, and can help combat feelings of depression that often accompany a cancer diagnosis and treatment. It also provides a sense of control and empowerment, which can be crucial during times of uncertainty.

## CREATING A FITNESS PLAN

If you or someone you know is dealing with breast cancer, it's important to tailor fitness plans to individual needs. Consulting with an oncologist or physical therapist before beginning any new exercise regimen is essential. Many hospitals and cancer treatment centers offer specialized exercise programs for cancer patients and survivors.

### SOME GENERAL GUIDELINES FOR STAYING ACTIVE INCLUDE:

- **Low-Impact Aerobic Exercise:** Walking, swimming, or cycling for 150 minutes a week.
- **Strength Training:** Focus on exercises that build muscle but avoid overloading affected areas. Resistance bands, light weights, or bodyweight exercises can be helpful.
- **Flexibility and Balance:** Yoga and stretching improve mobility and balance, reducing the risk of falls and improving posture.

### Conclusion:

While breast cancer can be a physically and emotionally taxing journey, fitness offers a way to regain control over your body and support long-term health. Whether you're focused on prevention, navigating treatment, or working toward recovery, fitness plays a vital role in the fight against breast cancer. Stay active, listen to your body, and always consult your healthcare provider to find the right exercise routine for you.

#### Q **Low-Intensity Circuit** ×

Warm Up: 5 min Treadmill Walk

*(4 Rounds) rest as needed*

Single Leg Bridge (15 per leg)

Bird Dogs (15 per leg)

Side Lying Leg Lifts (15 per leg)

Low Plank (1 min)

Wall Sit (1 Min)

# Ultimate Guide to Fitness Recovery: **Techniques for Faster, Stronger Results**

In the world of sports and fitness, proper recovery is essential for performance optimization and injury prevention. While intense training helps improve strength, endurance, and athletic ability, it's recovery that allows your body to adapt and grow stronger.

In this piece, we'll explore four popular recovery techniques that athletes and fitness enthusiasts often use: cold plunges, self-myofascial release (SMR), kinesiology tape (KT Tape), and trigger point therapy.

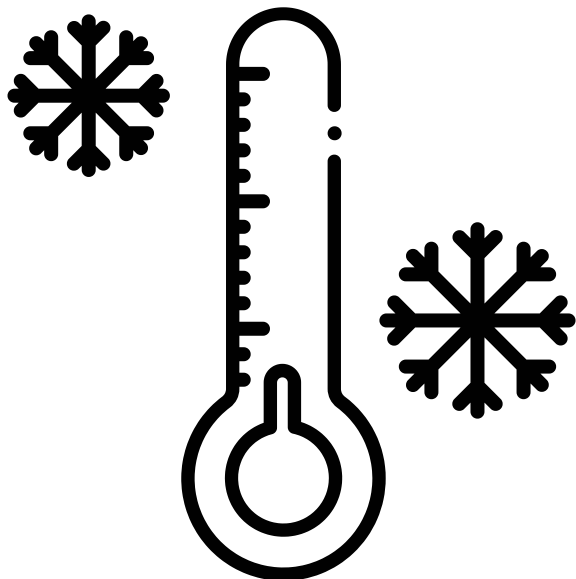


# COLD PLUNGE THERAPY

*Cold plunges, also known as cold water immersion or ice baths, are a common recovery method for reducing muscle soreness and inflammation. Athletes typically immerse themselves in cold water (50–59°F or 10–15°C) for 10–15 minutes after intense workouts.*

## How to Do It:

- Fill a tub with cold water and add ice to maintain the desired temperature.
- Slowly immerse yourself, staying in for 10–15 minutes, depending on your tolerance.



## Benefits of Cold Plunge:

- Reduces Inflammation: Cold water constricts blood vessels and decreases metabolic activity, which helps to reduce swelling and tissue breakdown.
- Alleviates Muscle Soreness: It has been shown to reduce delayed onset muscle soreness (DOMS), helping athletes feel fresher after hard workouts.
- Speeds Recovery: Cold plunges may aid in faster recovery by reducing the impact of muscle fatigue and micro-tears.



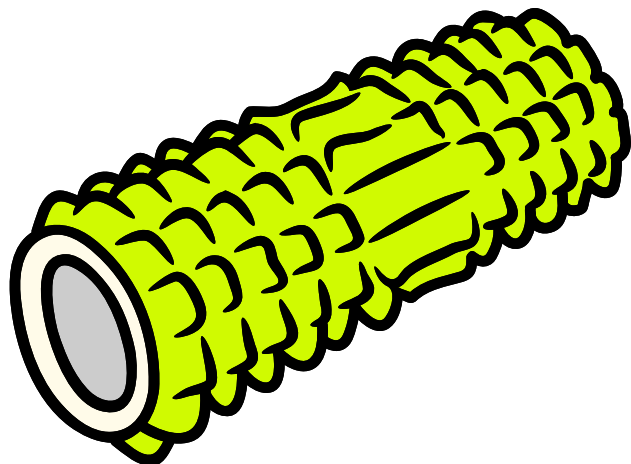


# SELF-MYOFASCIAL RELEASE

*Self-myofascial release (SMR) is a technique that involves using foam rollers, massage balls, or other tools to relieve muscle tightness by applying pressure to specific areas. This helps improve flexibility and range of motion, and also alleviates muscle knots (also called adhesions or trigger points).*

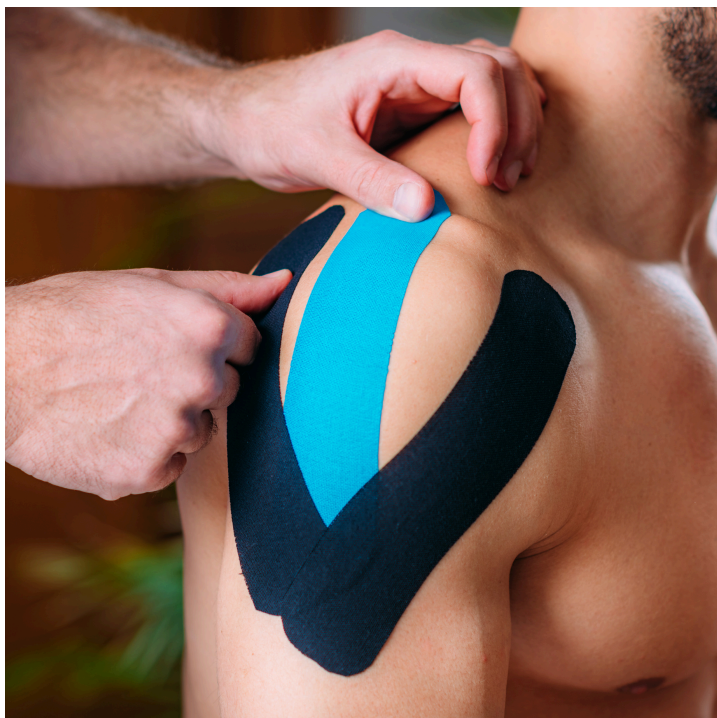
## How to Do It:

- Use a foam roller or massage ball to target sore muscles. Slowly roll the tool over tight areas, holding for 20–30 seconds when you find a tender spot.
- Roll for 5–10 minutes as part of your post-workout routine or during rest days.



## Benefits of SMR:

- **Increases Blood Flow:** Rolling improves circulation to the muscles, enhancing nutrient delivery and speeding up recovery.
- **Improves Flexibility:** Regular foam rolling can increase joint range of motion by releasing tight areas of the fascia (the connective tissue surrounding muscles).
- **Reduces Muscle Soreness:** SMR can reduce post-exercise soreness by loosening tight muscles.

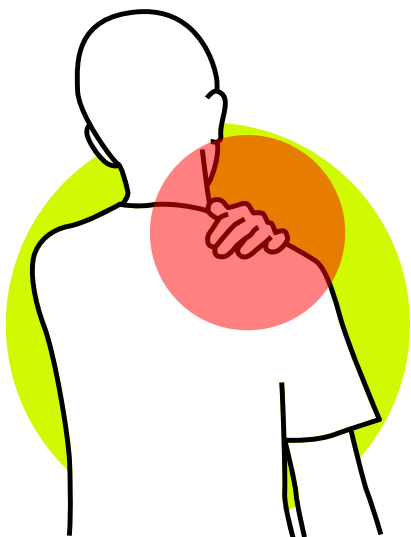


# KINESIOLOGY TAPE (KT TAPE)

*Kinesiology tape, also known as KT Tape, is an elastic therapeutic tape used to support muscles, joints, and tendons without restricting movement. This tape is commonly used in both recovery and injury prevention for athletes.*

## How to Use It:

- Clean the area you wish to tape.
- Cut and apply the tape based on the muscle group and specific injury you're targeting. Many KT tape applications involve stretching the tape over the muscle in question while leaving other areas untaped.



## Benefits of KT Tape:

- Pain Relief: KT tape lifts the skin slightly, which reduces pressure on pain receptors and may reduce discomfort.
- Supports Muscles and Joints: It provides additional stability to strained or fatigued muscles without limiting movement, which can be helpful for supporting an area during activity.
- Promotes Healing: By improving lymphatic drainage, KT tape can reduce swelling and bruising in injured areas, promoting faster recovery.

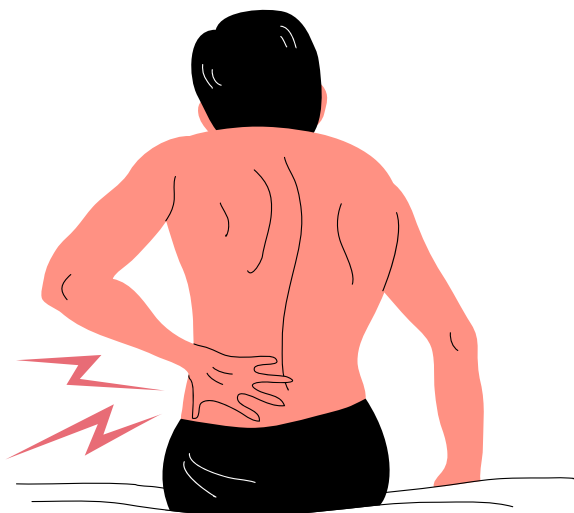


# TRIGGER POINT THERAPY

*Trigger point therapy targets specific “trigger points” or knots within muscles that are causing pain and tightness. These points can cause referred pain, meaning discomfort can radiate to other parts of the body.*

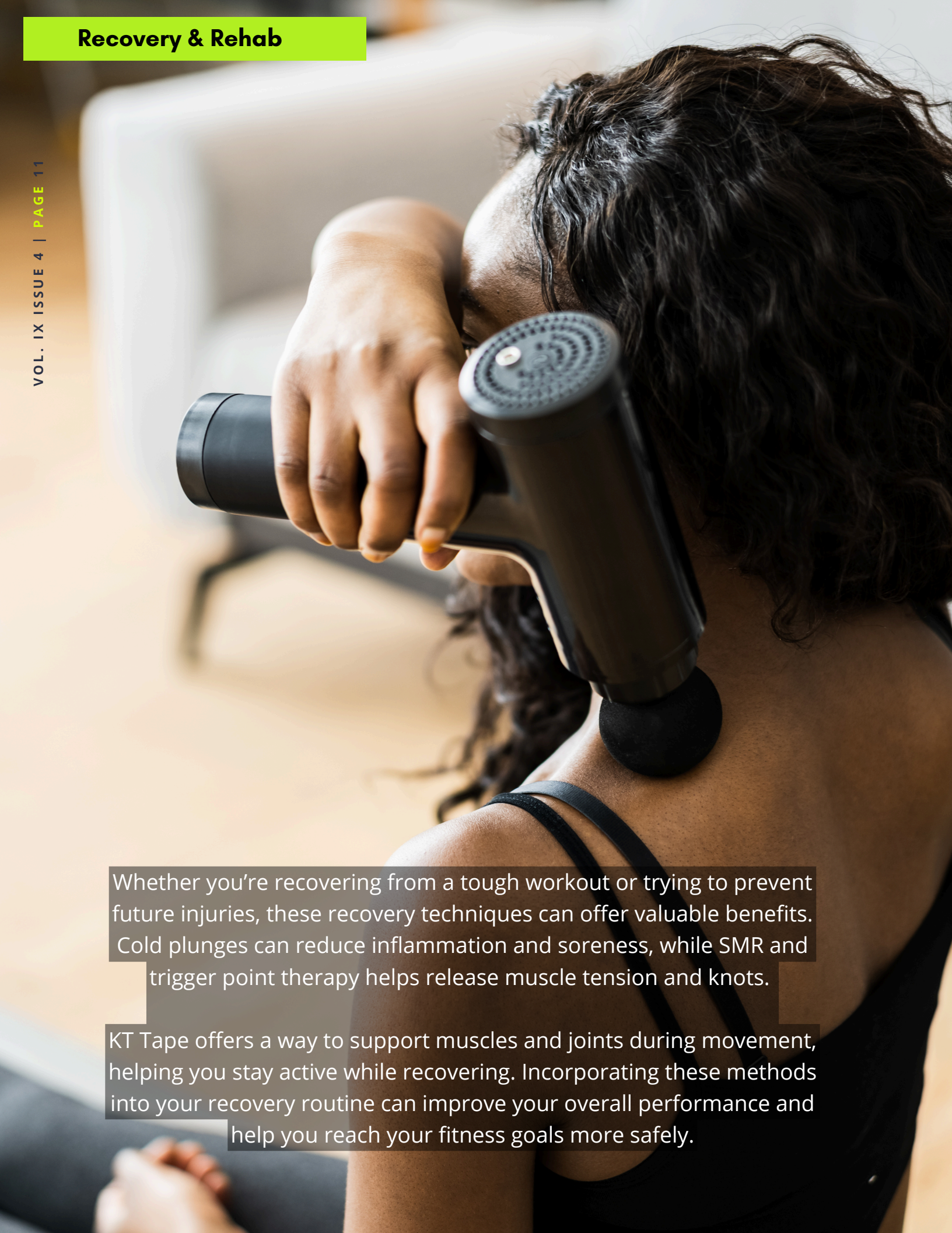
## How to Do It:

- You can use a tools like a massage ball, Theracane, or your hands to apply steady pressure on the painful trigger point.
- Hold pressure on the point for about 30–60 seconds or until the discomfort starts to subside, then release.



## Benefits of Trigger Point Therapy:

- **Pain Reduction:** By directly addressing painful trigger points, this therapy can help alleviate chronic pain and muscle tension.
- **Restores Mobility:** Releasing trigger points helps muscles relax and lengthen, improving flexibility and range of motion.
- **Improves Posture:** Regular trigger point therapy can reduce muscle imbalances, which helps promote better posture and alignment.

A close-up photograph of a woman with dark, curly hair using a black massage gun on her right shoulder. She is holding the device with her right hand, and the massage head is applied to her shoulder. The background is softly blurred, showing what appears to be a gym or fitness studio setting with a white exercise ball and other equipment.

Whether you're recovering from a tough workout or trying to prevent future injuries, these recovery techniques can offer valuable benefits. Cold plunges can reduce inflammation and soreness, while SMR and trigger point therapy helps release muscle tension and knots.

KT Tape offers a way to support muscles and joints during movement, helping you stay active while recovering. Incorporating these methods into your recovery routine can improve your overall performance and help you reach your fitness goals more safely.

## RECIPES

# PB & Banana Smoothie

Yield: 16 Ounces

Prep Time: 5 mins

Total Time: 5 mins

*This easy post-exercise recovery PB & banana smoothie is good for you and tastes like a treat! It's creamy, protein rich and filling for breakfast or a midday snack.*

### INGREDIENTS

- 1 cup unsweetened almond milk
- 1 large banana cut into chunks and frozen
- 2 tablespoons **creamy peanut butter**
- 1/4 teaspoon honey
- 1/4 teaspoon ground cinnamon
- Ice optional
- Optional mix-ins: 2 scoops of protein powder (vanilla or chocolate) 1 tablespoon flaxseed meal, 1 tablespoon chia seeds

### PROCEDURE

- 1. Place all of the ingredients in a blender in the order listed: almond milk, banana, peanut butter, honey, cinnamon, and any extra mix-ins.
- 2. Blend until smooth. If you'd like the smoothie thicker, add a few ice cubes and blend again. Pour and enjoy!



# FALL FITNESS TIPS: STAYING ACTIVE AS THE SEASONS CHANGE

**A**

s the days grow shorter and the air gets crisp, fall is a perfect time to reset your fitness routine. With the summer heat behind us and the holidays still ahead, it's an ideal season to focus on your health and wellness. Whether you're looking to maintain momentum or start fresh, here are some practical fitness tips to help you stay active this fall.

## Incorporate Seasonal Activities

Autumn brings many fun, physical activities you can easily turn into workouts. Raking leaves, pumpkin picking, and apple harvesting all involve a surprising amount of movement, particularly squatting, lifting, and walking. Instead of seeing these activities as chores, view them as a fun way to stay active.

**Tip:** Engage your core and maintain proper form while raking or lifting pumpkins to avoid injury.

## Embrace Outdoor Workouts

Fall brings cooler temperatures and vibrant scenery, making it one of the best seasons for outdoor fitness. Walking, hiking, running, or cycling through colorful fall landscapes can be a refreshing way to switch up your routine. Try heading to a local park or nature trail to enjoy the changing leaves while getting your cardio in.

**Tip:** Dress in layers. Start with moisture-wicking fabrics close to your skin to stay dry, and add a lightweight jacket or vest that you can remove if you warm up during your workout.

## Adjust Your Routine for Shorter Days

With the sun setting earlier, it can be harder to find time for your usual evening run or bike ride.

Instead of skipping workouts, adjust your schedule to fit the season. Consider working out in the morning when it's still light out or moving your workouts indoors.

**Tip:** If you enjoy evening workouts, invest in reflective gear and a headlamp for outdoor safety, or find a local gym or indoor fitness class to help you stay on track.

## Set New Goals for the Season

Fall is an ideal time to set short-term fitness goals before the holiday season.

Whether it's running a local fall 5K, increasing your strength, or focusing on flexibility, having a goal helps keep you motivated and consistent.

**Tip:** Set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound). For example, aim to run a certain distance by Thanksgiving or add a minute to your plank hold by the end of November.

## Try New Indoor Fitness Activities

Fall is a great time to explore indoor fitness options, especially as colder weather approaches. If you've been focused on outdoor activities during the summer, consider adding some strength training, yoga, or group fitness classes to your routine. Many gyms offer indoor cycling, Pilates, or HIIT classes that can keep your workouts interesting and challenging.

**Tip:** If you prefer to stay home, try an online fitness program or app to guide your workouts. Bodyweight exercises like squats, push-ups, and planks are effective and don't require equipment.

## Stay Hydrated and Eat Seasonal Foods

As the weather cools, it's easy to forget to stay hydrated, but proper hydration is still essential for energy and muscle recovery. Drink plenty of water throughout the day, especially during and after workouts.

Incorporating seasonal fall foods can also support your fitness. Nutrient-dense foods like pumpkins, sweet potatoes, squash, and apples provide energy, fiber, and vitamins. These seasonal superfoods can help fuel your workouts and aid in recovery.

**Tip:** Prepare meals that highlight these fall ingredients. Pumpkin soups, roasted sweet potatoes, and apple salads can add variety and nutrition to your diet.

## Be Mindful of Your Immune System

Fall is also cold and flu season, so it's important to support your immune system. Regular exercise can boost immunity, but overtraining can weaken it. Make sure to get enough sleep, eat a balanced diet, and listen to your body's needs.

**Tip:** If you feel run-down or are battling a cold, opt for gentler workouts like stretching or walking, rather than pushing through intense exercises.

## Enjoy Fall Events and Races

Fall is packed with local events like charity walks, runs, and outdoor fitness challenges. These events can provide extra motivation to train, and they offer a fun way to stay active while giving back to the community.

**Tip:** Sign up for a fall-themed 5K, such as a turkey trot or a Halloween race, and invite friends or family to join you. Training with a group adds accountability and makes the experience more enjoyable.

## Conclusion

Fall offers a unique opportunity to refresh your fitness routine with cooler weather, scenic outdoor activities, and new indoor options. By embracing the season and setting goals,

you can stay motivated and active while enjoying all the beauty and fun that fall has to offer. Stay hydrated, dress appropriately, and don't forget to fuel your body with seasonal foods to make the most of your fall fitness journey.

### 🔍 **Sprint Workout** ✕

Warm Up: 5 min Dynamic Stretch

*(6 Rounds)*

- 30 sec Sprint
- 30 sec Walk/Jog
- 30 sec Sprint
- 90 sec Walk/Jog



# *Beating the Fall & Winter Blues:* How Fitness Can Help Fight Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a form of depression that typically occurs during the fall and winter months, when daylight hours are shorter. The decrease in sunlight affects serotonin and melatonin levels, impacting mood, sleep, and energy. While SAD can make it challenging to stay motivated, fitness can play a powerful role in managing symptoms.

Exercise naturally boosts serotonin levels, helping to improve mood and reduce stress. Engaging in regular physical activity, even on darker days, can increase energy, enhance sleep quality, and provide a sense of routine—an essential factor for mental health during the colder months. Activities like brisk walks outdoors can also increase exposure to natural light, amplifying these positive effects.

Incorporating fitness into your daily routine, whether at home, in a gym, or outside, is a proactive way to combat SAD and maintain both mental and physical health through the seasons.

# ***Heart Rate Highways: Navigating Your Cardio Training Zones for Peak Performance***

## **CARDIO HEALTH SPOTLIGHT:**



### **Understanding Cardio Training Zones**

Cardio training zones are essential for optimizing your cardiovascular workouts and understanding the impact of exercise on your body. By training at different intensities, you can target specific fitness goals, from fat loss and endurance to improving your VO2 max (the measure of how much oxygen your body can use during exercise).

Let's explore the five primary cardio training zones, what they mean, and how to use them to enhance your workouts.

Cardio training zones are heart rate ranges that correspond to different levels of exercise intensity. These zones are typically expressed as a percentage of your maximum heart rate (MHR), which can be estimated by subtracting your age from 220. Each zone has unique benefits, ranging from fat-burning to improving endurance and overall cardiovascular fitness.

To accurately measure your heart rate during exercise, you can use a heart rate monitor, fitness tracker, or simply check your pulse manually during breaks.



## Zone 1: Warm-Up / Recovery Zone (50-60% of MHR)

This is the lightest intensity zone, ideal for warm-ups, cool-downs, and recovery sessions. It's also perfect for beginners just starting their fitness journey.

**Intensity:** Light, easy to sustain for long periods.

**Feel:** You should be able to maintain a conversation without difficulty.

**Benefit:** Improves blood circulation, helps with recovery, and enhances overall cardiovascular health.

### **Training Tips:**

- Spend 5-10 minutes in this zone before and after workouts.
- Use it for active recovery on rest days.

## Zone 2: Fat-Burning Zone (60-70% of MHR)

This is often referred to as the "fat-burning zone" because your body primarily burns fat for fuel. It's a moderate intensity that's sustainable for longer durations.

**Intensity:** Moderate, but still comfortable.

**Feel:** Breathing deepens, but you can still talk.

**Benefit:** Enhances fat metabolism and aerobic endurance.

### **Training Tips:**

- Ideal for long, steady-state cardio workouts (such as jogging, brisk walking, or cycling).
- Aim for 30-60 minutes in this zone to improve fat-burning capacity.



## Zone 3: Aerobic Zone (70-80% of MHR)

This zone is excellent for building endurance and increasing cardiovascular strength. It's challenging but sustainable for extended periods if you're well-conditioned.

**Intensity:** Moderate-to-high.

**Feel:** Conversations become harder, and your breathing becomes heavier.

**Benefit:** Improves cardiovascular endurance and aerobic capacity.

### Training Tips:

- Great for marathon or long-distance training.
- Spend 20-40 minutes in this zone to improve your aerobic fitness and stamina.

## Zone 5: Maximum Effort Zone (90-100% of MHR)

This is your peak intensity, used for short bursts of all-out effort. In this zone, you're pushing your body to its limits.

**Intensity:** Maximum effort.

**Feel:** You can't speak; your body is working at full capacity.

**Benefit:** Increases VO2 max, boosts speed, power, and overall performance.

### Training Tips:

- Only use this zone for very short, intense efforts like sprints.
- Limit time in this zone to less than a minute for each effort, with adequate recovery in between.

## Zone 4: Anaerobic Zone (80-90% of MHR)

Also known as the "lactate threshold zone," this is where your body switches from aerobic metabolism (using oxygen) to anaerobic metabolism (without oxygen). You'll feel a significant increase in intensity.

**Intensity:** High, unsustainable for long periods.

**Feel:** You can only say short phrases; breathing is heavy and rapid.

**Benefit:** Improves speed, power, and the ability to sustain higher-intensity efforts.

### Training Tips:

- Use this zone for interval training, such as HIIT (high-intensity interval training).
- Limit time spent in this zone to 10-20 minutes, depending on your fitness level.

## How to Incorporate Training Zones into Your Routine

To get the most out of your cardio workouts, it's important to include different zones in your routine. A balanced training plan might look like this:

- 1. Warm-up:** Start in **Zone 1** for 5-10 minutes.
- 2. Steady-state training:** Spend 20-40 minutes in **Zone 2** or **3** for fat-burning and endurance.
- 3. Intervals:** Incorporate **Zone 4** or **5** efforts for 1-2 minutes, followed by recovery in **Zone 1** or **2**.
- 4. Cool-down:** End with 5-10 minutes in **Zone 1** to help your body recover.

Training with cardio zones allows you to be more strategic with your workouts, ensuring you're targeting the right fitness goals. Whether you're looking to burn fat, build endurance, or push your performance limits, understanding and utilizing these zones can elevate your training and help you reach new levels of fitness.

By gradually increasing your time in higher zones and mixing in recovery sessions, you'll create a well-rounded, effective cardio plan that optimizes your results.

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**Keep**  
**Going!...**



*PROSPR 9  
MONTHLY E-NEWSLETTER  
OCT. 2024*

# TRANSFORMATION IS A JOURNEY NOT A DESTINATION...

Persisting with fitness goals is crucial because consistency leads to long-term health benefits, including improved physical and mental well-being. Regular exercise enhances cardiovascular health, strengthens muscles, and boosts mood and energy levels. Staying committed helps build discipline and resilience, making it easier to overcome future challenges and maintain a healthy lifestyle.

*Thank You*



# Prospr<sup>9</sup>

**WELLNESS. FITNESS. PERFORMANCE.**

**PLACE YOUR HEALTH FIRST!**



### OUR HISTORY

EST in 2020 during the height of the pandemic, we began to offer virtual training and science-based fitness programming



### OUR VISION

promoting the synchronization of mindfulness and fitness, scientific personalized approach. Implementation of unconventional methods to challenge the mind and body.



### OUR MISSION

is to educate clients on the proper training principles and nutritional fundamentals needed to ensure: accuracy, timeliness, and safety while in the pursuit of goal accomplishment.



**HEALTH IS WEALTH,  
CONSCIOUSNESS IS  
KEY...**

## ABOUT US

At Prospr 9, our training philosophy is centered around the principles of:

Performance, Recovery, Observation, Staying Prepared, and then Repeating the cycle of proven success for continued mental & physical development!



## WHY CHOOSE US?

Experience and applied knowledge. Results that will lead to gains inside and outside the gym. Classroom, boardroom, and anywhere in between. Learn as you grow. The gym can be intimidating when you have no idea where to start. We are here to help you place your health first.



**Wellness**  
Mental health



**Fitness**  
Assessments, science based approach



**Performance**  
Mindfulness, development of mental fortitude, goal-setting, self-development



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