

# NEXT STEPS



## Congratulations! You are *READY TO FLY!*

Now that you have successfully completed this “Getting Started” course, we encourage you to keep going.

## Healthy nutrition and exercise requires a lifelong commitment, but you don’t have to go it alone!

We are here to help you every step of the way.

Consider joining one of our online programs to help you gain the advice, encouragement, tools and support you need to succeed.

### • **SURVIVOR STRONG – 4 WEEK WEIGHT LOSS PROGRAM**

- For individuals who have completed their treatment.
- Cost: \$40
- Sign up at [www.mapletreecanceralliance.org/product/survivor-strong-weight-loss-group/](http://www.mapletreecanceralliance.org/product/survivor-strong-weight-loss-group/)

“Survivor Strong has been a life changer for me! It has opened my eyes to the foods I am putting into my body. I never realized how much mindless eating I do throughout the day! Thanks to this program, I have changed my eating habits completely. I practice intermittent fasting and have lost 16 pounds. Thank you for this program!”

CHRIS, AGE 61. BREAST CANCER SURVIVOR.

### • **MONTHLY VIP MEMBERSHIP**

- Gain access to custom workouts you can do in your own home without any equipment, as well as our whole-foods recipe guide, organized to help you manage side effects.
- Cost: \$7/month or \$70/annually
- Sign up at [www.mapletreecanceralliance.org/membership/](http://www.mapletreecanceralliance.org/membership/)

“I really enjoy the Monthly Membership! The wide variety of recipes have helped me manage my side effects and I LOVE the workouts! So easy to do in my own home!”

KATIE, AGE 53. COLON CANCER SURVIVOR.