

Get Moving Resources

This is a resource guide for programs that can help get you moving before/during/after cancer. As always, you should consult with your care provider before beginning any program. Some of the programs and classes are free, some have a cost associated with them. Breast Friends is not affiliated with any of these, just providing a guide for people. If you know of a program that isn't listed but should be or if one has changed, please let us know. We want to make sure our information is helpful and up to date.

- **2unstoppable** is about improving cancer outcomes through exercise. Check out their website through this link: <https://2unstoppable.org/>
- **Livestrong at the YMCA** – there are many different classes through the YMCA, this is the link for the Columbia-Willamette chapter. Check out their link here: <https://www.ymcacw.org/programs/fitness-training/livestrongtm>
- **OHSU March Wellness and fitness center** – offers a variety of classes, programs and memberships. Check them out through this link: <https://www.ohsu.edu/march-wellness/group-exercise-schedule>
- **NE Community Center** – they offer adult fitness and movement classes, as well as aquatics. Check out their site here: <https://necommunitycenter.org/>
- **Legacy Health**- they have classes at a few different locations. Mostly Yoga, T'ai chi and Pilates. Check out their site here: <https://www.legacyhealth.org/cancerclasses>
- **Providence** - They have a program called Basecamp, which has a few different options, including yoga, Pilates, T'ai Chi, Zumba and a HIIT workout. Some of the classes are online, some are in person. Check out their site here: <https://welcometobasecamp.org/>
- **Strong for Life** – also through Providence, geared towards the crowd over 60. Check them out here: https://assets.foundation.providence.org/sitefinity/docs/librariesprovider44/default-document-library/2021-sfl-flyer.pdf?sfvrsn=6dfc0fd7_1
- **The American Cancer Society** – while they do not have classes listed, they do have ideas of how you can live healthier and get exercise without going to the gym. Check out their idea here: <https://www.cancer.org/cancer/latest-news.html?tag=cancer-topics:exercise-and-physical-activity>

- **Vancouver Clinic**- they have a few resources listed, not sure how up to date these are but you can check them out here: <https://tvc.org/news/stay-fit-at-home/>
- **Portland Parks and Recreation** offers a variety of classes as well. Check out their page here: <https://www.portlandoregon.gov/parks/article/472474>
- **Tualatin Hills Park and Recreation** has a variety of classes. Check out their page here: <https://www.thprd.org/activities/group-fitness>
- Many gyms will offer a free pass for a day, week, month. You can always check out what is near you and ask.
- **Breast Friends** also offers three Walk and Talk outings each month (may vary depending on the weather). Please check the calendar on our website for more information. You can access it here: <https://breastfriends.org/calendar/>
- **Christine** has a YouTube channel, Integrated Yoga Therapy. She did the Friday Yoga for Breast Friends. You can check out her channel here: <https://www.youtube.com/@integratedyogatherapy/videos>