

C A N C E R N A T I O N • 9 . 4 . 2 6

Beyond “Eat Healthy and Exercise.”

Your Manual for Life After Cancer.

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shift →

Survivorship care and lifestyle: two pillars that rarely meet.

SURVIVORSHIP CARE

Clinical surveillance

Scans & imaging

Labs & bloodwork

Follow-up visits

Watching for recurrence

Scheduled FOR you.



LIFESTYLE

The habits you live

How you move

How you eat

How you sleep & recover

How you connect & cope

Left TO you — with “eat healthy and exercise.”

YOU NEED BOTH. Newly diagnosed, mid-treatment, or living with metastatic disease — today is about the pillar nobody schedules. Starting the day you're diagnosed.

HABIT QUIZ • TWO QUICK ONES

MYTH OR FACT?

“It's normal to lose muscle at up to 10× the usual rate after a cancer diagnosis.”

GUESS THE NUMBER

What % of survivors actually meet MOST of the recommended lifestyle habits?

IN THE CHAT → Vote MYTH or FACT for the first — and type your % guess for the second!

T H E G A P

92% want it. 4% get it.

92%

of survivors want guidance on
nutrition and exercise

4%

actually receive it

That gap is why we're here today.

S O W H A T I S L I F E S T Y L E M E D I C I N E ?

Six pillars. Built where the leverage is.

STRONGEST EVIDENCE

Exercise

Aerobic + resistance + balance. 150 min/wk in the recs — and we prescribe strength.

Nutrition

Plant-predominant, ≥ 30 g fiber, Mediterranean-type — fit to your real-life barriers.

Avoid risky habits

No tobacco or nicotine; limit alcohol; cut added sugar; sit less.

SUPPORTIVE

Sleep

7–9 hours a night, on a steady sleep–wake schedule.

Stress management

Recovery habits — mindfulness, breathwork, time in nature.

Social connectedness

Authentic relationships, community, giving, gratitude.

THESE AREN'T FOR “AFTER.” They help you tolerate treatment, protect strength, and live fully — at every stage, including metastatic disease.

Not all habits are equally accomplished.

HABITS THAT ASK YOU TO STOP

We're EXCELLENT at these.

Not smoking: **85–87%**

Reducing alcohol: **high in every study**

HABITS THAT ASK YOU TO BUILD NEW

Same survivors. Same knowledge. Same goals.

Adequate fiber: **~14%**

Enough vegetables: **~15%**

Planned physical activity: **8%**

IT'S NOT MOTIVATION. IT'S BARRIERS: time, access, cost, interest, energy, knowledge, support.

S O H O W D O W E A C T U A L L Y D O I T ?

Focus on Habits. Not willpower.

***“You do not rise to the level of your goals.
You fall to the level of your systems.”***

— James Clear, Atomic Habits

Nobody rises to “eat healthy and exercise.”
Our habits are accomplished by our systems — and a system is just a habit with a plan.

A minimally processed, plant-predominant plate.

Protein

Every meal. It's how you keep the muscle that carries you through treatment.

Plants

Fruits, veggies, beans, whole grains — fiber feeds recovery.

Less Processed

70% of the grocery store is ultra-processed. Swap even 10% — the free Yuka app makes it a game.

Calorie Balance

Fuel enough to heal — not a diet, a rebuild.

SAMI'S TIP: Protein to keep your muscle — and protein supplements are a TOOL for the days food alone can't get you there.

Regular exercise, prioritizing strength.

Strength 2–3× weekly

Muscle is your treatment-tolerance armor and your independence.

Challenging

Intensity is relative — YOUR hard counts, at every stage.

Functional

Train what life asks: stairs, floors, groceries, grandkids.

Recovery

Rest days and easy days are part of the prescription.

SAMI'S TIP: Just start — exercise snacks! 2–5 minutes counts, and it adds up fast. YouTube classes, cancer rehab, or a 4-minute Tabata: 20 sec on, 10 off, 8 rounds. Done.

Stress is real. So are the tools.

FIGHT

Frustration, anger, impatience

FLIGHT

Avoidance, indecision, excuses

FREEZE

Overwhelm, shutdown, numbing out

The fastest reset you own: breath work.

Slow exhale, longer than the inhale (try 4 in, 6 out) for one minute. It's the only lever that calms the stress system on command — free, invisible, works in a waiting room.

AND CORTISOL? Your stress hormone should peak in the morning and fade by night. Chronic stress flips it — morning light, movement, and breath work flip it back.

Good sleep is built at the bookends.

MORNING BOOKEND

Get up & get light — 5 minutes, sun or indoor
Hydrate first — water before the coffee
Move 1 minute — stretch, walk, countertop push-ups
Same wake time — within an hour, even weekends

EVENING BOOKEND

Close the kitchen — ~3 hours before sleep
Dim the inputs — screens down the final hour
Move some, gently — a stroll or stretch after dinner
Cool, dark, calm room — your repair shop conditions

PROTECT THE BOOKENDS and the middle takes care of itself.

Who's in your circle?

ISOLATION IS A HEALTH RISK

On par with major risk factors — and connection protects. This isn't soft science. It's physiology.

THE ON-DEMAND LIFE

Everything delivered, nobody needed — convenience quietly disconnects us. Choose people on purpose.

ONE SMALL DOSE

One call, one class, one community. A cancer community that GETS it — like this one — counts double.

Thriving is also subtraction.

Alcohol

For cancer there's no established safe amount — and it steals your sleep. Trim it back, drink by drink.

Tobacco & vaping

Still the single biggest lever there is — and help works. Ask your team.

Added sugars

The biggest source right now? Coffee drinks, not sodas. Aim under 25–35 g a day — read labels bottom to top.

Long stretches of sitting

The quiet one. Break it every 30–60 minutes with a movement snack.

NO SHAME, NO PERFECTION. Just a shorter list of things working against you.

Every manual starts on page one. Write yours tonight.

- 1 One exercise snack a day — 1 minute of action: a brisk walk, countertop push-ups, or sit-to-stands. Feeling strong? Make it a 4-minute Tabata.
- 2 Protein for breakfast — ~25–30 g before 9 AM. Muscle starts at breakfast.
- 3 Move after your last meal — 10 gentle minutes. Sleep and blood sugar both win.
- 4 The Deep Breather — 1 minute of 4-in, 6-out, once a day. The reset lever you own.

AND THE REST OF THE MANUAL? Your Habit Assessment guide is chapter one — free, yours to keep. The full owner's manual for life after cancer lives at www.mylifestyleshift.com.

IN THE CHAT → Type your page one: 1, 2, 3, or 4. That's your assignment!

You already hold the prescription.

Your next step: find your starting point in 5 minutes.

The free Habit Assessment

15 questions — your score plus a guide to keep, showing your highest-leverage first shift.

www.mylifestyleshift.com

Free · 5 minutes · yours to keep



SCAN TO START

Thank you, Cancer Nation. · Sami Mansfield · sami@cancerwellnessforlife.com