



VANESSA'S PERSONAL MESSAGE

Dear friends,

I am a cancer survivor, and three time kidney recipient, and a mom. I graduated with a degree in Social Work. In 1994 I took my Social Work to a different level and became certified as a Personal Trainer. I have continued to educate myself in this field for the last 18 years. In 2004, after being diagnosed with anal cancer, I added Cancer Exercise Specialist to my resume. I travel the country educating people on the vital importance of exercise for longevity and quality of life. I walk the walk and talk the talk. Exercise is my prescription for life. I have not only survived but thrived. I have defied the odds, and come through four life and death situations. Exercise has been paramount to my quality of life, emotionally, physically and spiritually. Doctors agree that my recovery and success is largely due to my physical and mental strength. I can honestly say without exercise and a healthy lifestyle, I would not be here today! I feel so strongly about this that I felt a responsibility to share this knowledge with others. If it can work for me, it can work for you!

In health & happiness,

Vanessa

www.underwoodsportsandfitness.com

SUPPORTIVE, COMFORTABLE, ENCOURAGING

Vanessa is a wellness consultant, cancer exercise specialist, personal trainer, certified strength specialist, and motivational speaker.

Underwood's expertise and personal attention has helped people of all ages and fitness levels attain their goals for the last 20 years.

As a strength coach she trains athletes, teams, and coaches with her unique and customized programs. As a certified cancer exercise specialist, cancer survivor, and two time kidney transplant recipient, Underwood feels blessed and honored to share her secrets of success around the country.

Underwood travels nationally implementing fitness programs, educating professionals, and motivating patients through a presentation called, "Moving into Wellness."

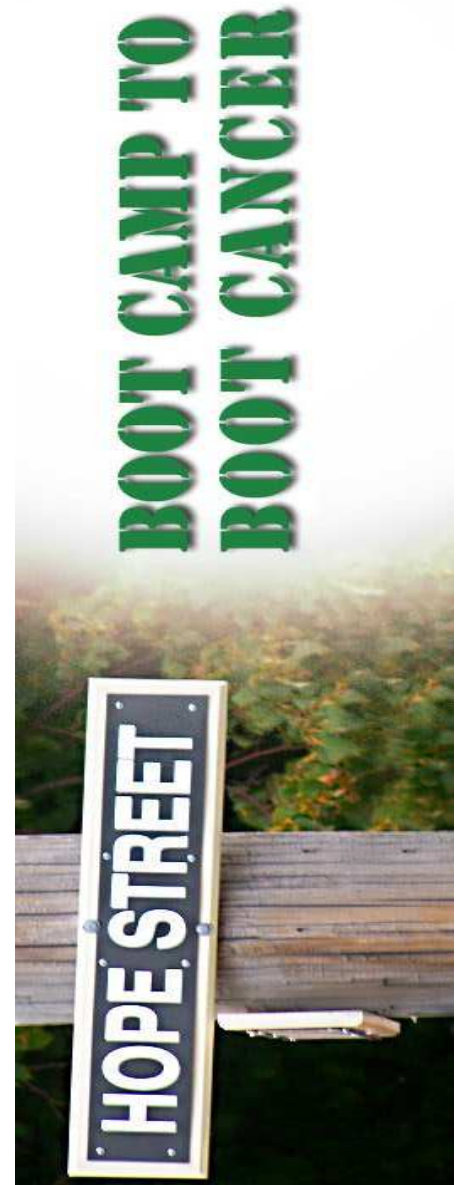
Her success story and devotion to exercise and fitness has been showcased in various media outlets including Reebok, Women's Sports & Fitness, Lifetimes, Saturday Evening Post, and Woman's World. She has been featured on NESN, ESPN, WMUR-TV and on several radio shows. Underwood has also been profiled in a book called, "Lessons in Faith & Courage."

Underwood was named "Woman of the Year in Sports and Fitness" in 1999, by the DuPont/Lycra Corporation. In 2011, Underwood received the "Outstanding Woman of Achievement" award from the YWCA.

Her athletic achievements include medals in running, swimming racquetball and shot put in the National Transplant Games.

Underwood is certified through the American Fitness Association of America, the Cancer Training Institute and the American College of Sports Medicine.

Underwood's
SPORTS & FITNESS
"where training gets personal"
PLAISTOW, N.H.



Its much like a support group, with an I can do Attitude !



GET FIT
GET STRONG, GET HEALTHY

BOOT CAMP 2

BOOT CANCER



BC 2 B CANCER IS A SMALL GROUP FITNESS BASED TRAINING PROGRAM CREATED BY CANCER SURVIVOR AND EXERCISE SPECIALIST/TRAINER, VANESSA UNDERWOOD.

THE PROGRAM WILL HELP SURVIVORS AND THOSE WITH CHRONIC DISEASE CONTINUE TO BE ACTIVE PRETREATMENT, DURING TREATMENT AND FOR THE REST OF THEIR LIVES. THE CAMARADERIE OF THE PARTICIPANTS IS MOTIVATING AND STRENGTHENING!

THERE IS A GROWING BODY OF EVIDENCE SUGGESTING THAT EXERCISE CAN CONTRIBUTE TO THE PREVENTION AND CONTROL OF CANCER AND OTHER DISEASES.

WITH SPECIALIZED PROGRAMMING AND SPECIFIC ADAPTIONS, EXERCISE CAN HELP CANCER SURVIVORS REACH THEIR FULL RECOVERY POTENTIAL.

PHYSICIANS SHOULD CONSIDER ROUTINELY RECOMMENDING THIS TYPE OF PROGRAM TO THEIR PATIENTS."

HARVEY MAMMON, MD,PHD, CLINICAL DIRECTOR OF ONCOLOGY BRIGHAM AND WOMEN'S HOSPITAL, BOSTON MA.

Vanessa A. Underwood, CSCS, AFSA, CES

**Certified Strength and Conditioning Specialist
Personal Trainer, Cancer Exercise Specialist
Motivational Speaker and Presenter**

My mission is to help you achieve positive changes in your health, body and spirit. This class will help empower and challenge both your body and your mind.

BOOTCAMP

BOOT CAMP BENEFITS

Hope, Determination, Confidence,

Camaraderie

Improves mobility flexibility and balance

Improves Immune response

Improves muscle mass

Improves cognition

Improves Self esteem & Self perception

Improves Sleep

Improves postural deviations

Improves functional capacity

Improves skeletal and cardiovascular strength

Increased Energy Level

Improves Weight loss

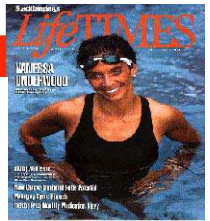
Decreases anxiety and depression

GETS YOU BACK TO YOUR LIFE !

Book your Speaking Engagements !

603-382-7460 ~ Fitnessa@aol.com

Meet Vanessa



What is Boot Camp 2 Boot Cancer ?

Boot Camp will incorporate a variety of exercises designed to be both effective and challenging.

Programs will be customized depending on your current health and fitness status.

You will perform a series of exercises for 30 second, rest and repeat the exercise. You will move around the gym from station to station.

You will work at your level, and your ability. Exercises will challenge your entire body.

The class will be an hour long, including a warm up and stretch.

Classes are held in my home gym from Nov. To April.

Wear comfortable clothing and Supportive sneakers

Bring water.

Call Vanessa with any medical concerns or special request's or requirements.

The classes are small. The gym is clean. And its like having a personal trainer with out the cost.

Medical releases are required.

Call or email for a brief phone interview.

"I passionately believe that exercise was paramount to my recovery and quality of my life today."