



Force Program: The Proven Way to Fight Cancer Through Physical Activity and Exercise

Jeff Berman

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In your hands right now is the FORCE to fight back against cancer. FORCE (an acronym for Focus on Rehabilitation and Cancer Education) is a new, comprehensive lifestyle approach to cancer treatment. Clinically proven, endorsed by growing numbers of doctors at leading cancer centers, designed for easy at-home use, the FORCE program works in tandem with traditional cancer treatments to boost your overall health, make you stronger and fitter, and put you back in control of your life.

FORCE was created from the experience of cancer survivor and author Jeff Berman who decided to put his own physical fitness conditioning to work in fighting the disease. From this simple but revolutionary concept evolved the complete program of exercise, diet, and stress management known as FORCE. Over the past five years, Berman has turned FORCE into the nation's most successful and most accessible cancer treatment program, with referrals coming from world-renowned hospitals. Now, in collaboration with oncologist Dr. Fran Fleegler, M.D., and veteran fitness writer John Hanc, Berman has brought the FORCE program home . . . to the home of any cancer patient battling the disease.

Thanks to the FORCE program, hundreds of cancer patients in the New York area have already experienced dramatic improvements in every aspect of their lives, both physical and emotional. Now it's your turn. This book takes you step by step through a special exercise and activity program tailored to the needs and abilities of all patients, from those who are bedridden to those who are trained athletes. You'll learn how to redesign your diet quickly and economically to maximize your body's ability to fight the cancer, with tips on shopping, food preparation, and dealing with restaurants. Here, too, is a complete guide to stress management that will teach you how to change your physical and emotional response to pain, tension, and upsetting situations. You don't need a gym, a clinic, or any special equipment for the FORCE program—just a willingness to try the movements and information contained in the book.

Your body *can* fight cancer if you give it a fighting chance with exercise. That's what *The FORCE Program* is all about. Upbeat, informative, full of easy-to-use advice and inspirational success stories, *The FORCE Program* is exactly what you need to start feeling better today.

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