



CHE

Collaborative for
Health & Environment



KAISER PERMANENTE®



**ROSWELL
PARK**

COMPREHENSIVE CANCER CENTER

Physical Activity and Breast Cancer: Pathways Study Results and Clinical Recommendations

October 29, 2024

Before we begin...

- Live transcript (captioning) available
- Use Q & A to ask questions any time
- Webinar will be recorded
 - Recording link will be emailed to everyone registered and posted on the Zero Breast Cancer website

Moderator Lianna Hartmour, MA, NBC-HWC



zero
breast cancer



CHE

Collaborative for
Health & Environment

Pathways Survivorship Study Community Advisory Board (CAB)



zero
breast cancer



Rikki Cannioto, PhD, EdD, MS



Holly Rodriguez, PT, MPT, CLT-LANA



The Role of Health and Wellness Coaching in Fostering Physical Activity

LIANNA HARTMOUR, MA, NBC-HWC



Common Challenges

- “I know I should be active, but...”
 - Lack of sustained motivation
 - Inconsistent habit formation
 - Overcoming perceived barriers



Coach Approach: Questions *not* Directions, Partnership *not* prescription

- Collaborative process
- Client-centered approach
- Evidence-based practice
 - National Board for Health & Wellness Coaching (NBHWC) Certification



Process of Health & Wellness Coaching

- Goal clarification
- Barrier identification
- Strategy development
- Sustained accountability



Resilient Me: Zero Breast Cancer at CHE's Program

"These coaching sessions are very positive and impactful to help me focus on and enhance my self-care. I look forward to the sessions each week with my coach and appreciate my coach pulling out things that I think about but asking me how I will go about bringing those things to life."

– Resilient Me Client



Resilient Me
Zero Breast Cancer's
Health & Wellness
Coaching Program

**Now Recruiting Clients in
Northern CA with an emphasis on
the SF Bay Area for Free Services**

Who? People after active breast cancer treatment, including those with metastatic disease

What? 12 free weekly 30 minute Zoom sessions with a certified Health & Wellness Coach

Interested? Learn more and complete the form at
zerobreastcancer.org/resilientme

zero
breast cancer

Panelist Lawrence Kushi, ScD



Thank you!

- Please complete the survey after this webinar
- You will receive a follow-up email with a link to the survey and recording
- Next webinar will be in Spring 2026

Connect with ZBC

Email Sign-up zbclink.org/newsletter

Facebook, Instagram [@zerobreastcancer](https://www.facebook.com/zerobreastcancer)

X/Twitter [@zerobreastcancer](https://twitter.com/zerobreastcancer)

www.zerobreastcancer.org