







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







Pathways Survivorship Study Community Advisory Board (CAB)









Rikki Cannioto, PhD, EdD, MS





Holly Rodriguez, PT, MPT, CLT-LANA





The Role of Health and Wellness Coaching in Fostering Physical Activity

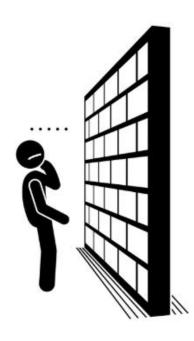
LIANNA HARTMOUR, MA, NBC-HWC





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







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



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



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