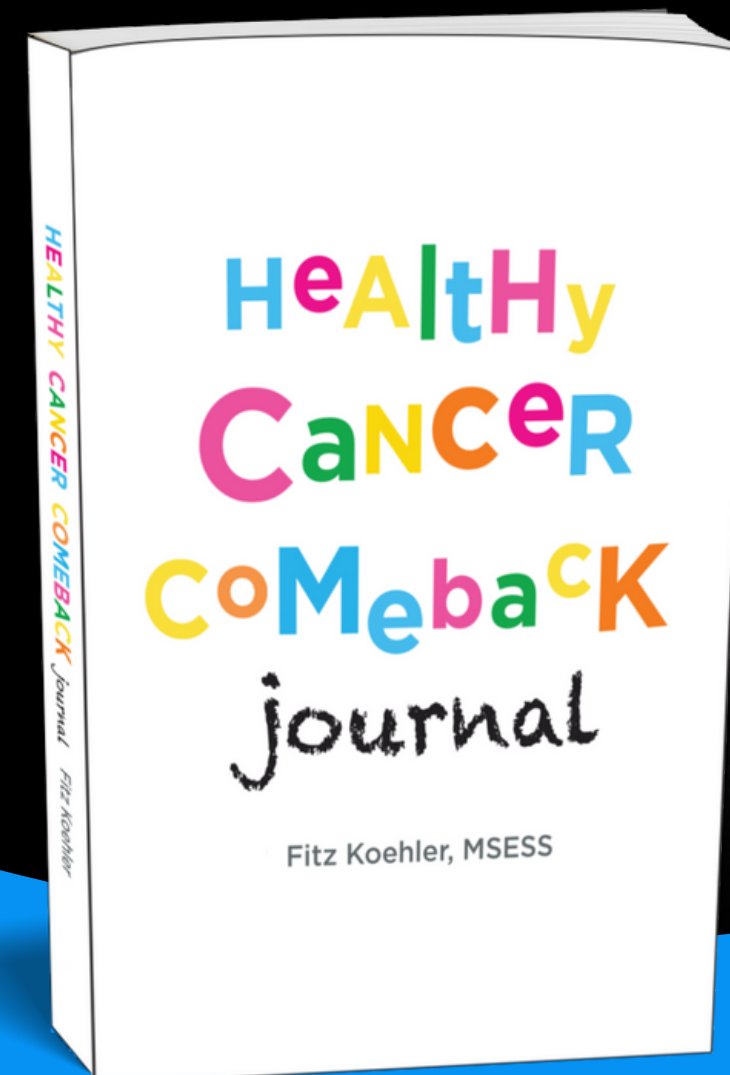
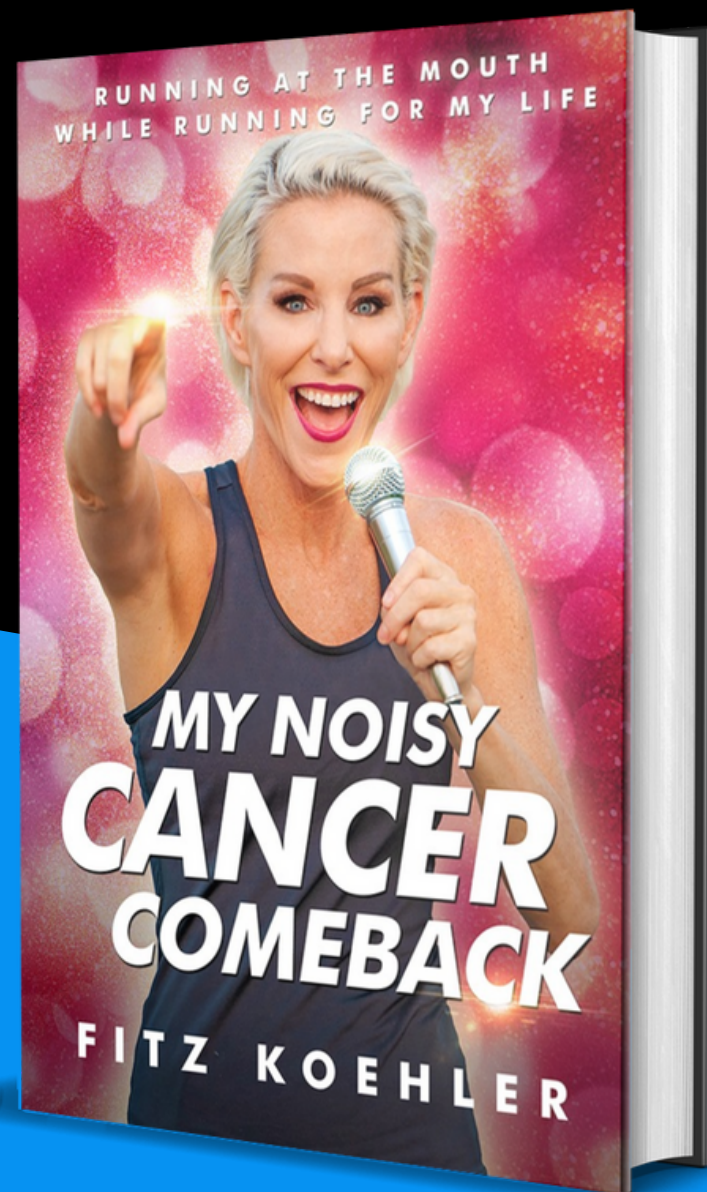
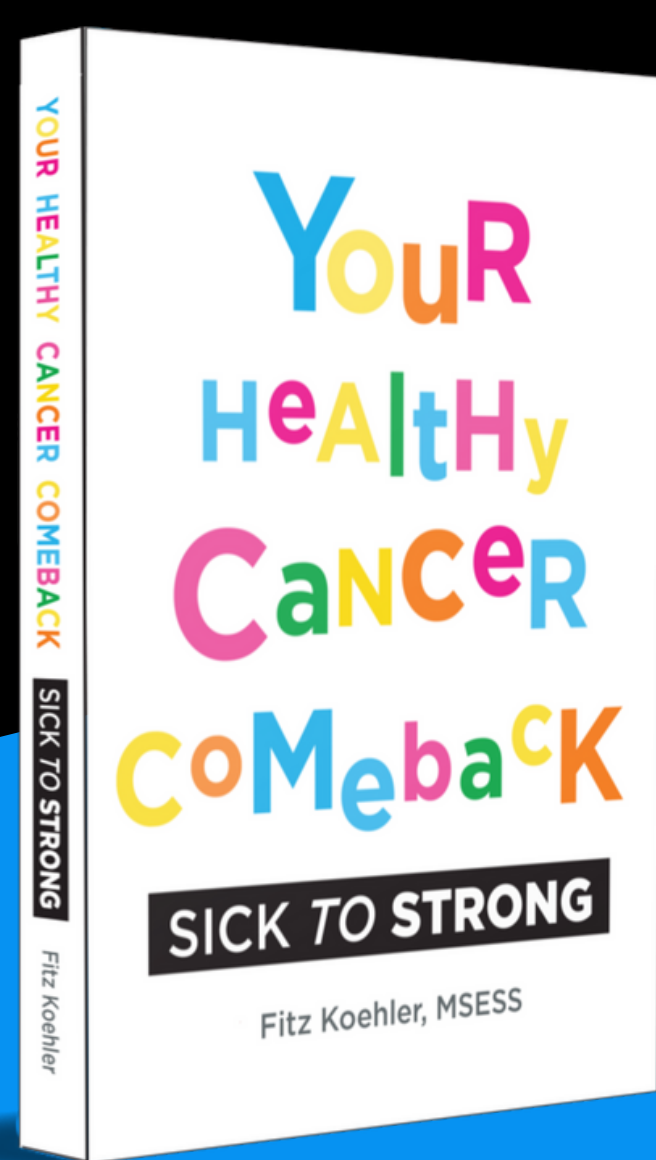


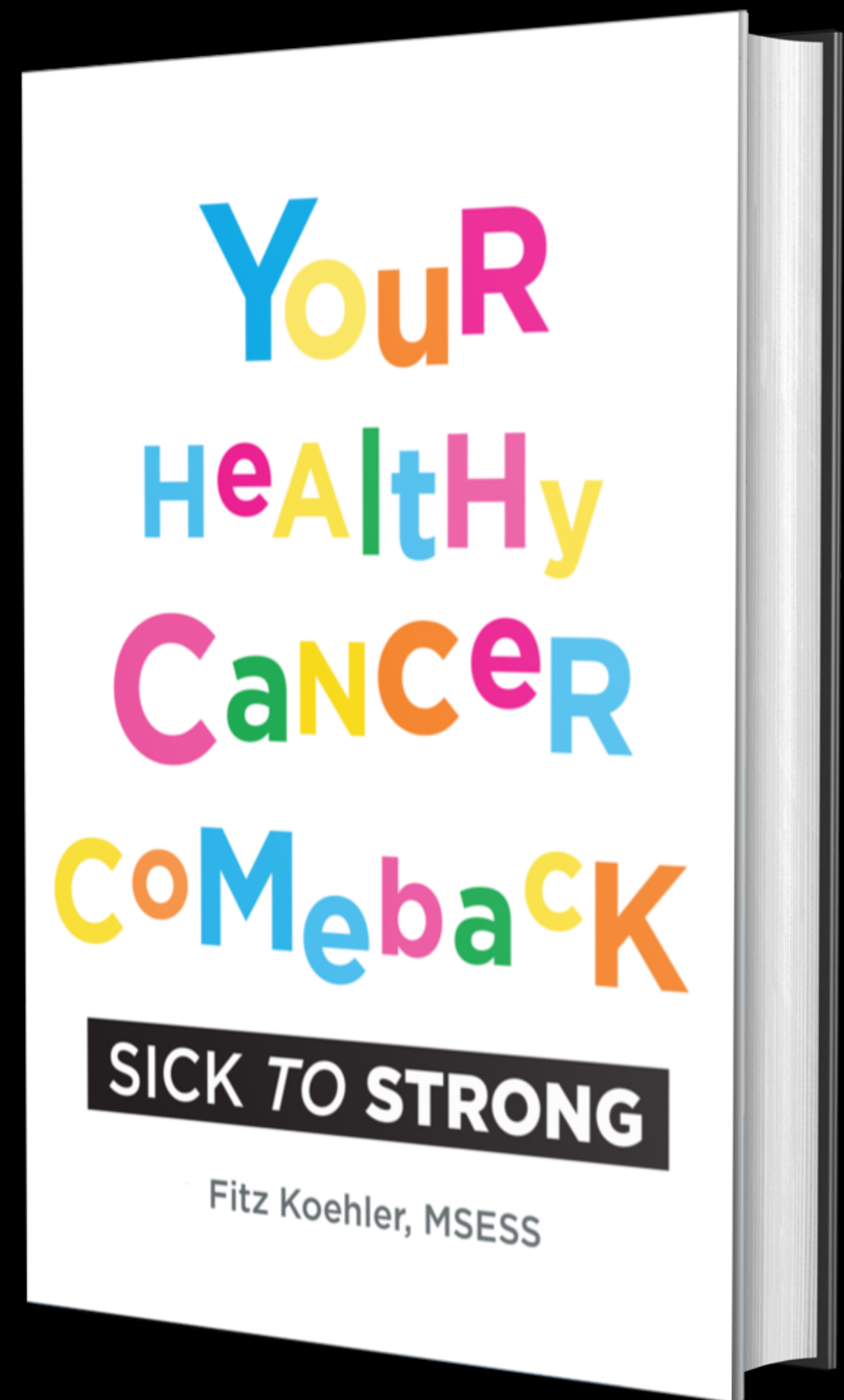
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FOR PATIENTS & SURVIVORS

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The comprehensive guidebook for cancer patients and survivors eager to slow decline, while maintaining and regaining strength, stamina, vibrancy, athleticism, and health. Cancers of all types and their treatments can be brutal. Instead of surrendering health and fitness to this monster, readers are trained to fight back and control the things they can with exercise, nutrition, rest, mental fortitude, complementary care and more!



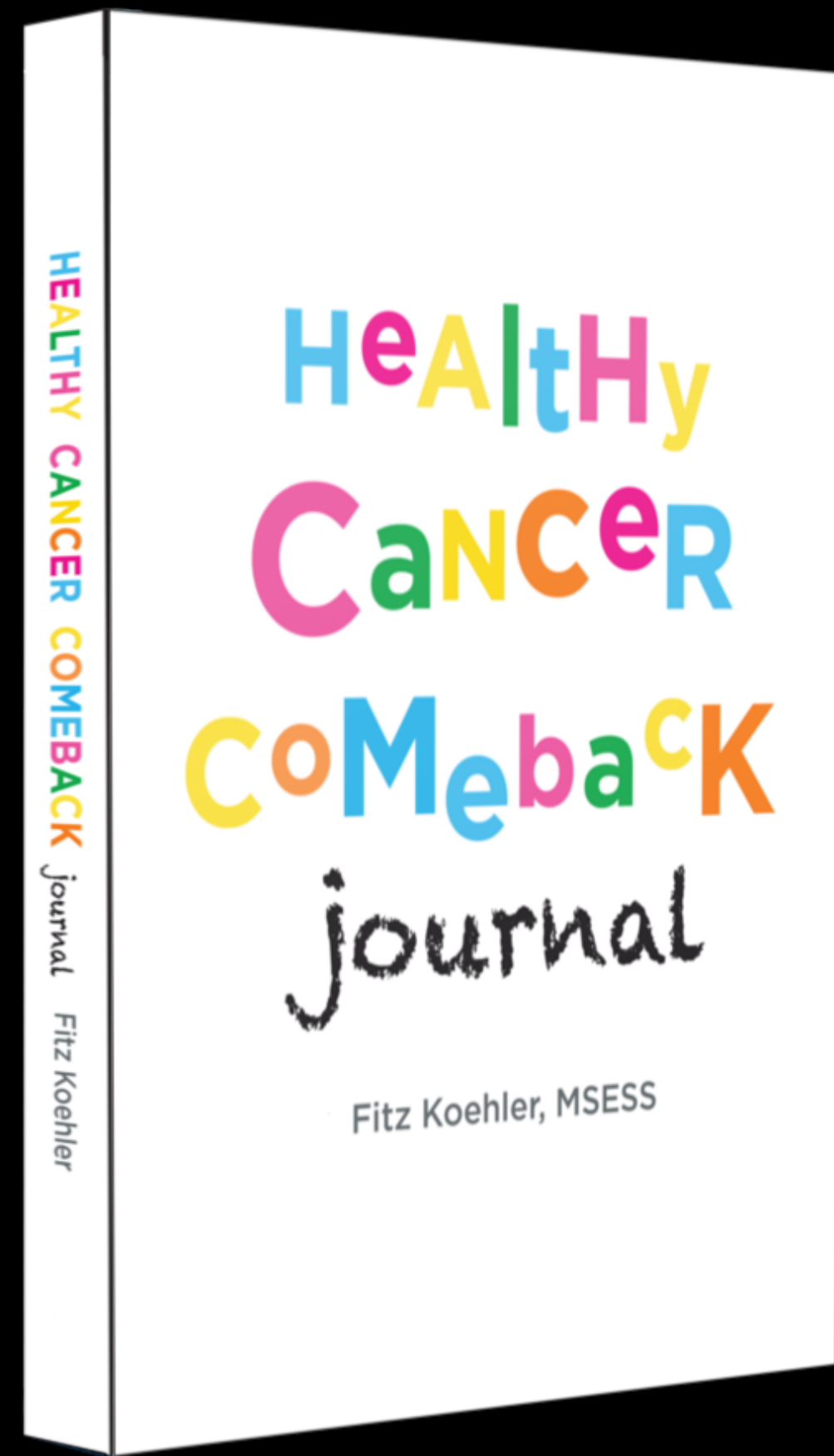
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The Healthy Cancer Comeback Journal is the perfect companion to Your Healthy Cancer Comeback: Sick to Strong. Cancer is complicated, emotional, challenging, and filled with unique moments. Brimming with thoughtful prompts, you'll be able to keep track of your experiences in oncology, along with your thoughts, feelings, fears, faith, and facts about your care.

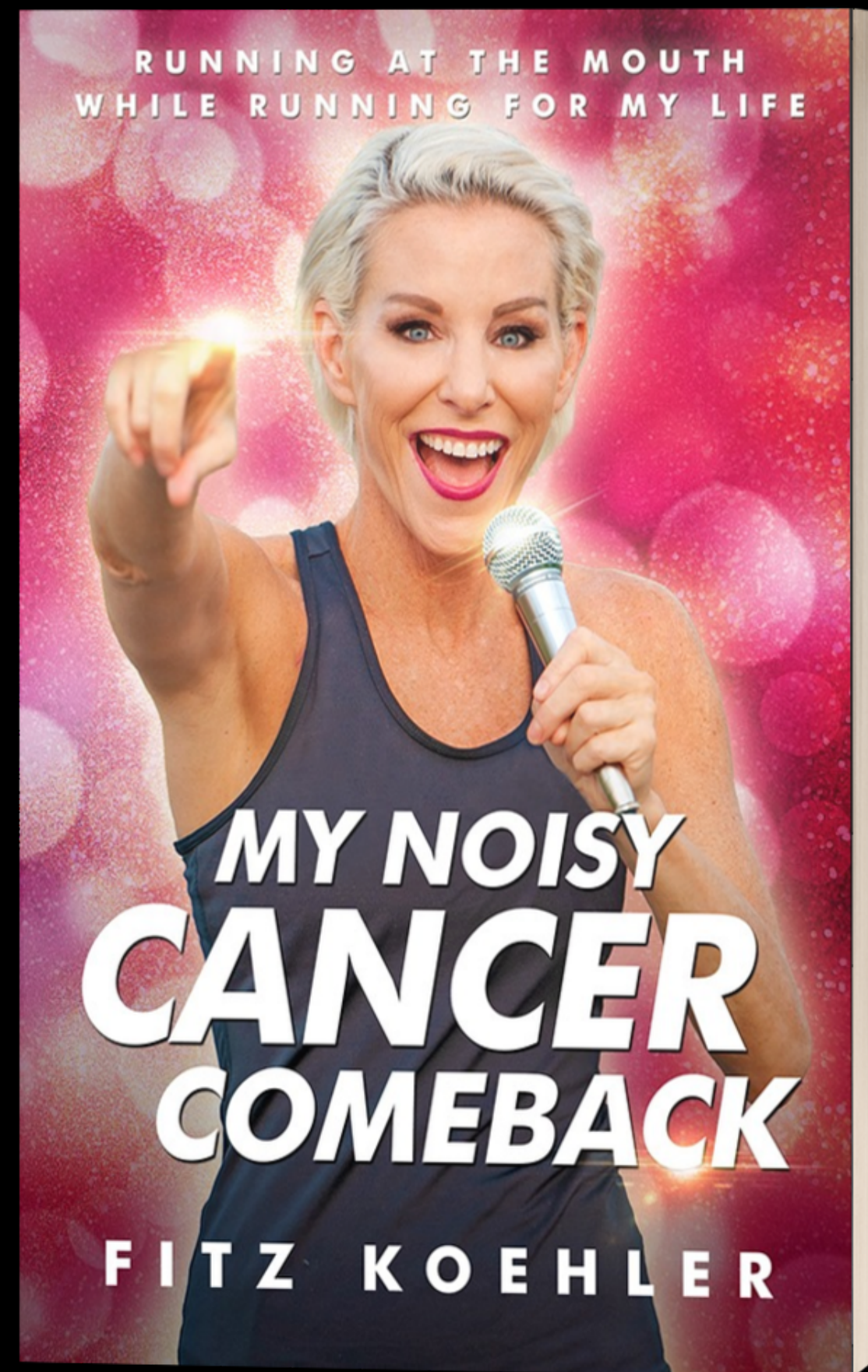
Share your laughter, tears, hopes, strange side effects, and strawberry moments in this 200-page full-color book. You'll have the perfect place to document your strategies for health, fitness, exercise, nutrition, and progress on your way from sick to strong.

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The ultimate tale of hope and perseverance for the cancer community! A fun, funny, and honest insight into one very noisy woman's adventures and misadventures while battling breast cancer. Released in 2020, My Noisy Cancer Comeback become the ultimate handbook for thriving while surviving! Fitz's story is proof that anyone can endure hardships better by utilizing perspective, passion, and positivity. This is a perfect gift for anyone going through hard times.



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of PeoPLe
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A recent study at Tel Aviv University found that **high-intensity aerobic exercise can prevent cancer metastasis by 72%**. This lends incredible support to these two new books. Most cancer patients have no idea what type of power they can harness with their actions, on top of traditional western medicine. Oncologists have already offered high praise for Fitz's Cancer Comeback Series.

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Chapter 3 Four Pillars of Fitness

Chapter 4 Training During Treatment

Chapter 5 Newly Diagnosed

Chapter 6 From Sick to Strong

Chapter 7 Everything Exercise

Chapter 8 Food That Helps vs Food That Hurts

Chapter 9 Not Too Big, Not Too Small ... Just Right

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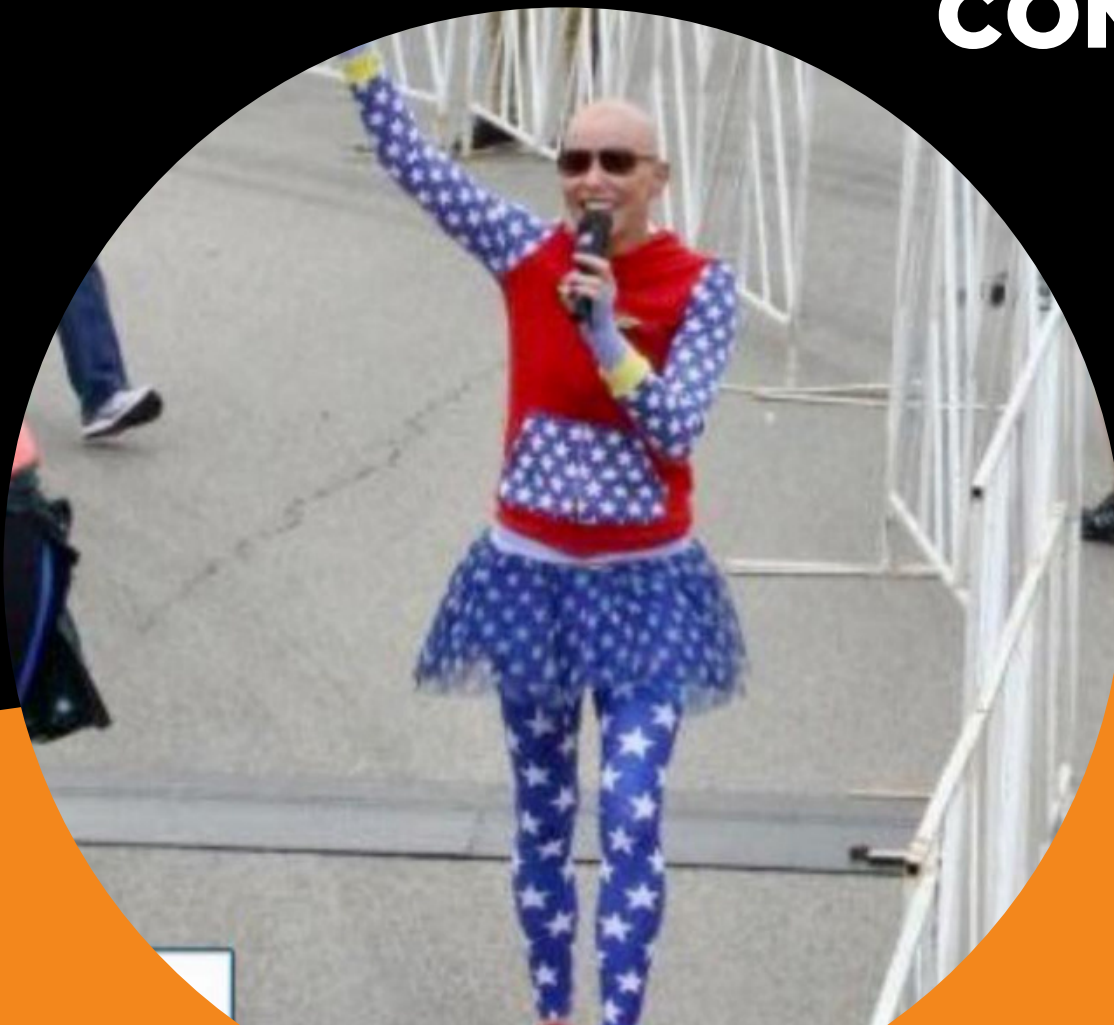
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"Whether you're being treated for cancer, have been treated for cancer -- or simply hope never to NEED cancer treatment -- Your Healthy Cancer Comeback: Sick to Strong is your inspiration and practical guide. When you don't know how you're going to get through it, Fitz Koehler is here to remind you that "you can do hard things" and to break it down for you. No matter how hard cancer knocks you down, she shows you how to make a start, how to keep it going, and how to end up better than before. Wherever you are, she's been there and climbed out. This book is for everyone--you don't have to be young, commit to a specific kind of diet, or aspire to be an elite athlete. You just have to want to live and live well. It's also fun and easy to read. What are you waiting for? Buy it now!"

**--Dr. Allison Grow, MD, PhD
Radiation Oncologist**



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"Your Healthy Cancer Comeback: Sick to Strong is a comprehensive how-to guide that addresses the critical importance of a healthy lifestyle during and after a cancer diagnosis. Fitz breaks down complex evidence-based, scientific facts into a patient-centered, easy-to-understand guide filled with actionable pearls on how to live your best life during and after a cancer diagnosis. This empowering go-to source will, without a doubt, motivate you to live a healthy life, move you from "sick to strong," and help to improve cancer outcomes!"

**--Dawn Mussallem, DO, DipABLM
Lifestyle Medicine Breast Physician**



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"Mindset and determination are important keys to achieving your best outcomes after a cancer diagnosis. Your Healthy Cancer Comeback: Sick to Strong provides a great roadmap for patients and caregivers during a difficult time. Fitz Koehler's work is filled with experience and explanation to assist all throughout the journey. Fully recommend!"

**--David Kashmer, MD MBA FACS
Surgeon**



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"I've been an athlete all my life, and this is the most complete and useful book I've ever read about fitness. The four pillars are a road map to health for all and a huge tool in fighting back against cancer. All cancer patients and survivors should read it."

-- Phil Decker, Stage 4 Colon Cancer Survivor

"Your Health Cancer Comeback: Sick to Strong is chock full of information and inspiration. Fitz's knowledge, enthusiasm, and desire for everyone to gain or regain control of their health comes through loud and clear. This book is exactly what you need to come back stronger and healthier than ever."

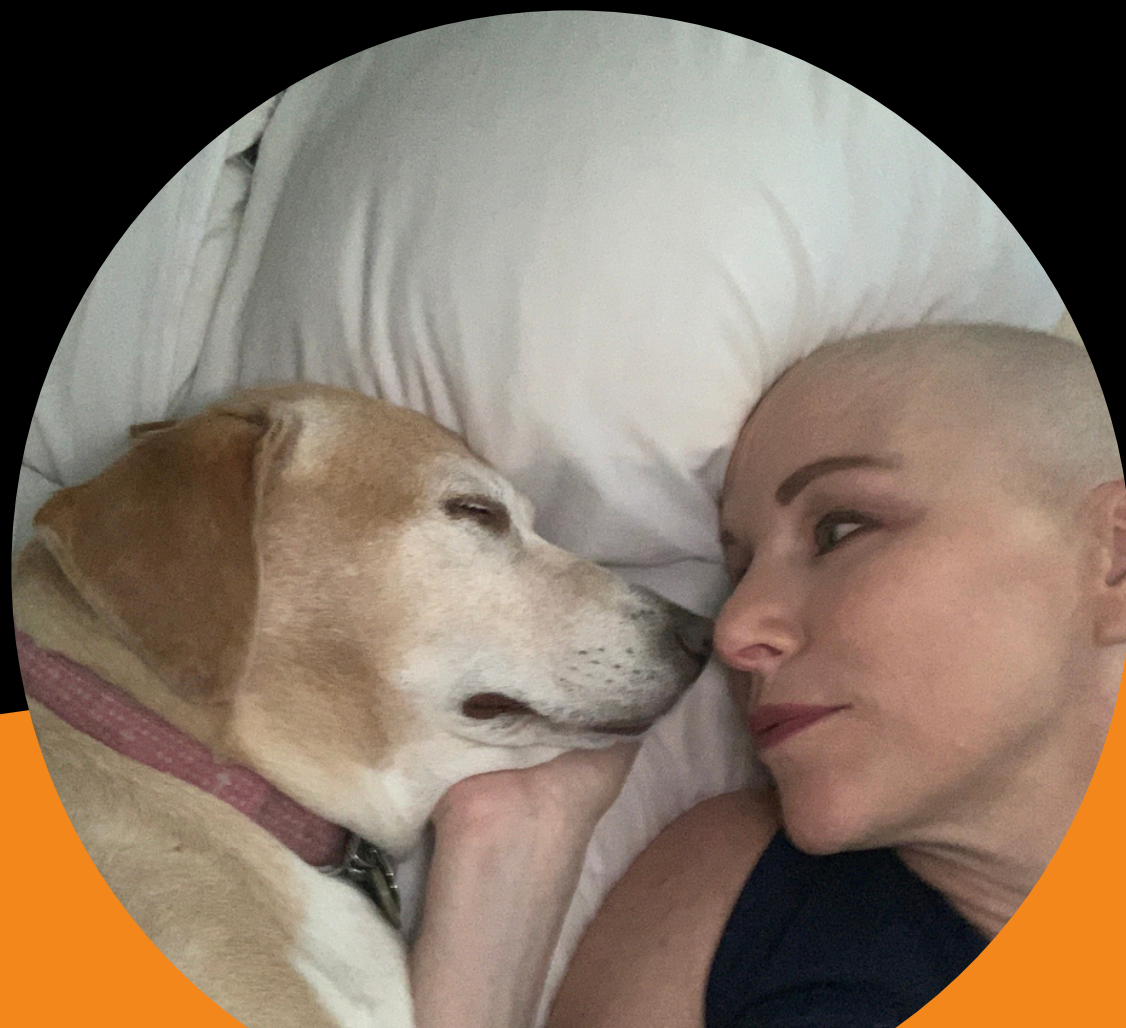
-- Kathleen Bieritz, Stage 2 Breast Cancer Survivor



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"Your Health Cancer Comeback: Sick to Strong is a brilliant tutorial on how to take your health and life back after overcoming cancer. Fitz breaks it down and makes living a healthy life simple with tips on exercise, nutrition, hydration, sleep, and more! If you want to learn to thrive and not just survive, read this book!"

**--Tara Collingwood, MS, RDN, CSSD, LD/N, ACSM-CPT
Board Certified Sports Dietitian**



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Just over a year after completing 15 months of devastating chemotherapy treatments, 33 rounds of radiation, and several surgeries, author Fitz Koehler put an exclamation point on her Noisy and Healthy Cancer Comeback, crossing the finish line of the historic Boston Marathon.

