

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

Brad Power  
August 27, 2025

*“Exercise is, as you can imagine, the area with the strongest evidence for these lifestyle interventions, so much so that there's a huge specialized field known as exercise oncology that I'm sure maybe many of you have heard about before. Over the past few decades, there has been tons of research in this field, and a lot of evidence is showing that exercise is not only safe for cancer patients and survivors, but it does really help to improve numerous cancer-related side effects, notably cancer-related fatigue, sleep, quality of life, anxiety, depression, body composition, function, bone health and breast-cancer-related lymphedema.” – Amanda Grilli, PT, CLT*

*“When it comes to implementing these interventions that we talked about, and you're looking at those numbers of 90 minutes per week, or 150 minutes per week, any movement is better than nothing. Even if it means a day where you're more sedentary and you're sitting, even just doing any little movement while sitting is wonderful, and it's just about building upon that to maybe reach those goals one day. But anything is really beneficial.” – Amanda Grilli, PT, CLT*

*“One of the biggest concerns that I always have is I want to make sure that patients and survivors are safe. The number one thing when they're implementing any sort of exercise, nutrition, or breath work, is that they are safe. The only way that we can ensure that exercise and all of those things are safe for the community is if it's individualized.” – Amanda Grilli, PT, CLT*

### **Meeting Summary**

“I'm fighting cancer... but no one told me how to live while I do it.”

For many patients, whether you're in the middle of treatment or navigating life after it, cancer changes everything. Fatigue, side effects, and uncertainty about what's safe can make everyday life feel harder than it should.

Decades of clinical research confirm that structured lifestyle interventions - including personalized exercise, nutrition, and stress relief - are not “extras,” but evidence-based tools that can reduce treatment side effects, improve quality of life, help you stay on track with your treatment plan, and even lower the risk of recurrence. Yet fewer than 1 in 20 patients ever receive consistent, expert guidance to make these practices part of daily life.

Amanda Grilli, PT, CLT, a Physical Therapist, Certified Lymphedema Therapist, and Certified Cancer Coach specializing in cancer rehabilitation, is uniquely qualified to lead a discussion about lifestyle interventions in cancer care. She is devoted to helping individuals manage treatment side effects and reclaim quality of life during, after, and beyond cancer through hands-on therapy, therapeutic exercise, and evidence-based guidance. Amanda also founded Well Beyond Breast Cancer, a 501(c)(3) nonprofit that improves access to breast cancer

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

rehabilitation nationwide by funding specialized physical and occupational therapy appointments. At Complement 1, she is the Head of Exercise Oncology and co-develops the program with oncologists, translating current evidence into care patients can use every day.

### ***Why should you consider lifestyle interventions to reduce your cancer-related side effects and delay recurrence?***

Lifestyle interventions give you agency – the ability to impact your health, to feel more in control.

Lifestyle interventions can:

- Reduce cancer-related fatigue
- Improve sleep quality
- Reduce anxiety and depression
- Improve body composition
- Improve bone health
- Reduce swelling due to blockage in the lymphatic system

### ***What is the evidence for these benefits from lifestyle management?***

- There is extensive clinical research, particularly from the American College of Sports Medicine (ACSM) and integrative oncology guidelines, for lifestyle interventions.
- Clinical trials by Complement 1 have shown promising results, including a 37% reduction in side effects and significant improvements in pain, sleep, and quality of life.

### ***What are lifestyle changes you should make to achieve these benefits?***

- **Exercise:** Get 90-150 minutes of moderate-intensity aerobic exercise per week, plus two resistance training sessions
- **Nutrition:** Focus on a plant-forward diet with 1-1.2 grams of protein per kilogram of body weight, emphasizing vegetables, legumes, fruits, and whole grains while limiting processed and red meats
- **Stress Reduction:** Practice mind-body approaches like mindfulness-based stress reduction, meditation, and yoga to improve your anxiety, depression, and overall mood

### ***What are practical ways to find time and be motivated to make these lasting habits?***

- **Personalization:** Tailor your program to your cancer type, treatment history, treatment stage, other health factors, and specific side effects
- **Community:** Join group sessions with participants who have similar side effects and experiences to yours
- **Coaching:** Find a coach to provide personalized modifications and create a supportive environment
- **Schedule:** Schedule dedicated time for sessions, be consistent
- **Wearables:** Use tracking devices like Apple Watch or Fitbit

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

- **Ease into it:** Start with small, manageable steps and easily achievable goals
- **Be flexible:** Modify your program based on your daily energy levels

### *How can you learn more about lifestyle management in cancer?*

- Check out the [Complement 1 website](#) and watch [this short video](#).
- Contact Katya Bykova at [katya@complement1.com](mailto:katya@complement1.com) or [support@complement1.com](mailto:support@complement1.com)
- Consider a free one-week trial of Complement 1: Five live 45-minute sessions. To sign up email [support@complement1.com](mailto:support@complement1.com) with the subject: WEBINAR
- See previous discussions we have had on lifestyle, exercise, nutrition, and stress reduction:
  - [“Designing the Right Exercise Program for Your Cancer Situation” \(Kathryn Schmitz, PhD, MPH\) \[#157\]](#)
  - [“Exercise to Boost Your Immune System to Fight Cancer” \(Dr. Tom Inledon\) \[#49\]](#)
  - [Adding Exercise for Everyday Life and Developing a Medical Device to Personalize Cancer Treatment \(Cathy Skinner\) \[#47\]](#)
  - [“Exercise as a Countermeasure to Hormone Deprivation Therapy Side Effects and for Bone and Mental Health” \(Kerri Winters-Stone\) \[#48\]](#)
  - [“Exercise and Cancer Development and Progression” \(Lee Jones, PhD\) \[#143\]](#)
  - [“Applying Nutrition Science to the Optimization of Cancer Treatment by Solving Symptoms” \(Susan Bratton\) \[#41\]](#)
  - ["A Patient’s View on Nutrition, Supplements, Integrative Oncology, and Complementary Therapies" \(Robert Ellis and Glenn Sabin\) \[#33\]](#)
  - [“Scientific Research on Lifestyle Choices to Reduce Your Cancer Risk” \(Nigel Brockton\) \[#40\]](#)
  - [“Navigating Cancer with the Mind as Your Ally” \(Sheryl Anjanette\) \[#124\]](#)
  - [“Healing the Cancer Journey: Tools for Emotional Wellness” \(Savio P. Clemente\) \[#87\]](#)

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# “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

## Meeting Notes

### KEYWORDS

Cancer patient, lifestyle interventions, exercise oncology, nutrition guidelines, mind-body practices, cancer rehabilitation, personalized guidance, exercise safety, community support, oncology dietitian, survivorship plan, clinical evidence, financial toxicity, insurance coverage, quality of life.

### SPEAKERS

Amanda Grilli (64%), Brad Power (27%), Katya Bykova (9%)

### CHAT CONTRIBUTORS

Roger Royse, Hillary, Helen, Rick Davis, Allen Morris, David Plunkett, Katya Bykova, Vic

### SUMMARY

Amanda Grilli, an oncology physical therapist, discussed lifestyle interventions for cancer patients, emphasizing exercise, nutrition, and mind-body practices. She highlighted the ACSM's 2019 guidelines recommending 90 minutes of moderate-intensity aerobic exercise weekly for reducing side effects and 150 minutes for overall well-being. Complement 1, a platform designed by oncology experts, offers personalized guidance for exercise, nutrition, and breathwork, with sessions lasting 45 minutes. The program has shown significant improvements in side effects, pain, sleep, and quality of life, with 90% of members completing five sessions weekly. The cost is \$20 per session, and efforts are underway to make it more accessible through insurance and partnerships with cancer centers.

### OUTLINE

#### **Introductions and Overview of Lifestyle Interventions**

- Amanda Grilli is an oncology physical therapist, certified lymphedema therapist, and cancer coach.
- Her role is focused on lifestyle interventions to improve recovery and long-term health for cancer patients and survivors.
- Evidence-based information to empower patients to implement strategies that improve quality of life is important.
- There is strong evidence supporting exercise, particularly in reducing cancer-related fatigue, sleep quality, anxiety, depression, and body composition.
- The ACSM's 2019 exercise guidelines for cancer survivors recommends 90 minutes of moderate-intensity aerobic exercise per week and two sessions of resistance training.

#### **Nutrition and Mind-Body Practices**

- Nutrition is also important, including working with an oncology dietitian or nutritionist.

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

- There is a need for adequate protein intake, 1 to 1.2 grams of protein per kilogram of body weight.
- A plant-forward diet should focus on vegetables, legumes, fruits, whole grains, and limiting red and processed meats.
- In addition, mind-body practices like mindfulness-based stress reduction (MBSR), meditation, and yoga, which help manage stress, anxiety, and mood, can be helpful.

### **Cancer Rehabilitation and Complement 1**

- Cancer Rehabilitation is a specialized field of physical and occupational therapy aimed at minimizing cancer-related side effects.
- The role of oncology-trained therapists is to provide safe and effective care.
- Complement 1 is a platform designed to provide personalized guidance for exercise, nutrition, and breathwork.
- The platform uses a sophisticated rule engine to create individualized programs based on cancer type, treatment history, and side effects.
- Each session lasts 45 minutes, with 30 minutes of personalized exercise, 3-5 minutes of focused nutritional guidance, and 7 minutes of breathwork and meditation.
- The program is designed by oncologists, oncology exercise specialists, and nutritional experts, ensuring it is built on the latest clinical evidence.
- A live exercise coach ensures safety and provides individualized modifications.
- Complement 1 has positive engagement with over 90% of members completing five sessions per week.
- The program shows meaningful outcomes, including a 37% reduction in side effects, 18% reduction in pain, 27% improvement in sleep, and a 16-point improvement in overall quality of life.
- Community is important in driving adherence and motivation for participants.
- A free one-week trial of Complement 1 is offered.
- The Complement 1 program allows participants to adjust the number of sessions based on their needs.

### **Exercise, Nutrition, Community, and Adherence**

- Amanda explained that too much exercise can have negative effects, particularly on the immune system.
- Personalizing exercise and nutrition plans should be based on individual needs and treatment.
- Medical devices like Apple Watches and Oura Rings can track exercise and recovery.
- Community and social elements in group exercise sessions can drive adherence and motivation.
- Scheduling and having a live coach can ensure participants stay engaged and safe.

### **Cost and Accessibility**

- The program is inclusive and works with cancer centers to make it more affordable for patients.
- There is potential for insurance coverage and other ways to make the program more accessible.

### **Closing Remarks and Key Takeaways**

**“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

- Amanda reiterated the importance of any movement, even small amounts, in improving cancer-related outcomes.
- She encouraged participants to take advantage of the free one-week trial of Complement 1.

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

### TRANSCRIPT

Brad Power

This is the Cancer Patient Lab. We're honored today to have Amanda Grilli with us. She's representing Complement 1, which has a service for lifestyle factors, exercise, nutrition, stress reduction, those sorts of things. She'll share both the research that they've done that supports that, as well as the services they provide, and recommendations. I know this is a topic that's near and dear to a lot of people in our community, because these are the things that patients can take control of on their own and have some agency in managing their care above and beyond whatever they're getting from their medical team.

A few housekeeping things before we get started. First of all, this is for information purposes only. This is not medical advice. We try to arm our patients and caregivers with information they can take to their medical team.

We are a nonprofit 501(c)(3), and we depend on the kindness of donors who help fund the kinds of things that we do, such as hosting these webinars.

Amanda Grilli 1:27

Thank you so much, Brad, thank you for having me. Like Brad said, I'm Amanda. I'm also an oncology physical therapist, a certified lymphedema therapist and a certified cancer coach, and I've had the wonderful opportunity of being a part of the Complement 1 team, so I'm super excited to share that with you.

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## **How Daily Lifestyle Interventions Improve Your Cancer Outcomes**

Amanda Grilli

I'm super excited to talk to you about lifestyle interventions and how they can make a real difference in your recovery and long-term health as a cancer patient or survivor. My goal is to

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

empower you with evidence-based information to help you possibly implement strategies that can really improve cancer-related side effects and your quality of life.

### 3 KEY LIFESTYLE PILLARS: Part I

#### 1 .Exercise

Strong evidence shows appropriately dosed aerobic and/or resistance training improves cancer-related fatigue, sleep, quality of life, anxiety, depression, body composition, function, bone health and breast cancer-related lymphedema.

2019 International Multidisciplinary Roundtable / ACSM exercise guidelines for cancer survivors:



#### For Reduction of Side Effects

- 90 minutes/week of moderate intensity aerobic exercise
- 2x/week of resistance training

#### For Survivorship (reoccurrence & mortality reduction, general wellness)

- 150 minutes/week of moderate intensity aerobic exercise
- 2x/week of resistance training

We'll kick it off by talking about exercise. Exercise is, as you can imagine, the area with the strongest evidence for these lifestyle interventions, so much so that there's a huge specialized field known as exercise oncology that I'm sure maybe many of you have heard about before. Over the past few decades, there has been tons of research in this field, and a lot of evidence is showing that exercise is not only safe for cancer patients and survivors, but it does really help to improve numerous cancer-related side effects, notably cancer-related fatigue, sleep, quality of life, anxiety, depression, body composition, function, bone health and breast-cancer-related lymphedema. When it comes to all of the other side effects, there is moderate to, for some of them, lower evidence. But these are the ones where there's really strong evidence to show that exercise is extremely beneficial. In 2019 the ACSM published their exercise guidelines for cancer survivors, and this was based on an international multidisciplinary roundtable. And the results are as follows.

When we're looking at the goal of exercise being a reduction in side effects, they're recommending that individuals aim for 90 minutes of moderate intensity aerobic exercise per week, in addition to two times a week of resistance training. When we're looking at that survivorship piece, to help reduce risk of reoccurrence, mortality and just overall well-being and wellness, we're looking at recommendations saying 150 minutes of moderate intensity aerobic exercise per week, in addition to strength training two times per week.

# “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

## 3 KEY LIFESTYLE PILLARS: Part II

### 2. Nutrition

- Clinical nutrition dosing (ESPEN practical guideline, 2021):
  - Energy: aim ~25–30 kcal/kg/day.
  - Protein: >1.0 up to 1.5 g/kg/day.
- Survivorship diet pattern (ACS 2022):
  - Plant-forward eating: vegetables/legumes/fruit/whole grains; limit red/processed meat, sugary drinks, refined/ultra-processed foods; maintain/achieve healthy weight; alcohol: preferably none.



### 3. Mind-Body Practices

- SIO–ASCO integrative oncology guidelines (2022–2023):
- Mindfulness-based interventions including Mindfulness-Based Stress Reduction (MBSR), meditation, and mindful movement, are strongly recommended for reducing anxiety and depression in adults with cancer during and after treatment.
  - Yoga is also moderately recommended for mood, sleep, and fatigue in many populations.



When we look at the next lifestyle intervention, we're talking about nutrition, another really key component in cancer survivorship, as well as during treatments. I want to share the clinical guidelines with you. And of course, this is something that's important to speak to your own team to figure out what works best for you. I always recommend that people work with an oncology dietitian or nutritionist.


But the one thing I really want to highlight here is the protein intake. Many of us are not getting enough protein within our day, and so the recommendations for oncology patients and survivors is trying to aim for about 1 to 1.2 grams of protein per kilogram of body weight. You just need to do a little calculation to figure out what that looks like for you. But again, just really, this is a guideline. I really suggest just focusing on working with an oncology dietitian.

The other part of the survivorship diet is they highly recommend a plant-forward eating pattern, really focusing on veggies, legumes, fruits, whole grain; trying to limit red meats, processed meats, sugary drinks or highly processed foods.

The last key pillar in lifestyle interventions is Mind Body practices. These are techniques that help you manage stress, anxiety, mood, while all supporting your overall recovery. And the integrative oncology guidelines suggest that mindfulness based interventions, whether those are what we call MSR, MBSR, so mindfulness based stress reduction is a program in itself, or meditation or mindful movement, which can be anything from Tai Chi to anything that's more structured, is strongly recommended. And these, they show that that really does help to improve anxiety and depression and a lot of cancer patients during and after treatment. The other piece that they also recommend moderately is yoga. It's been shown to have numerous benefits for a variety of populations, specifically the breast cancer community. Those are really those lifestyle

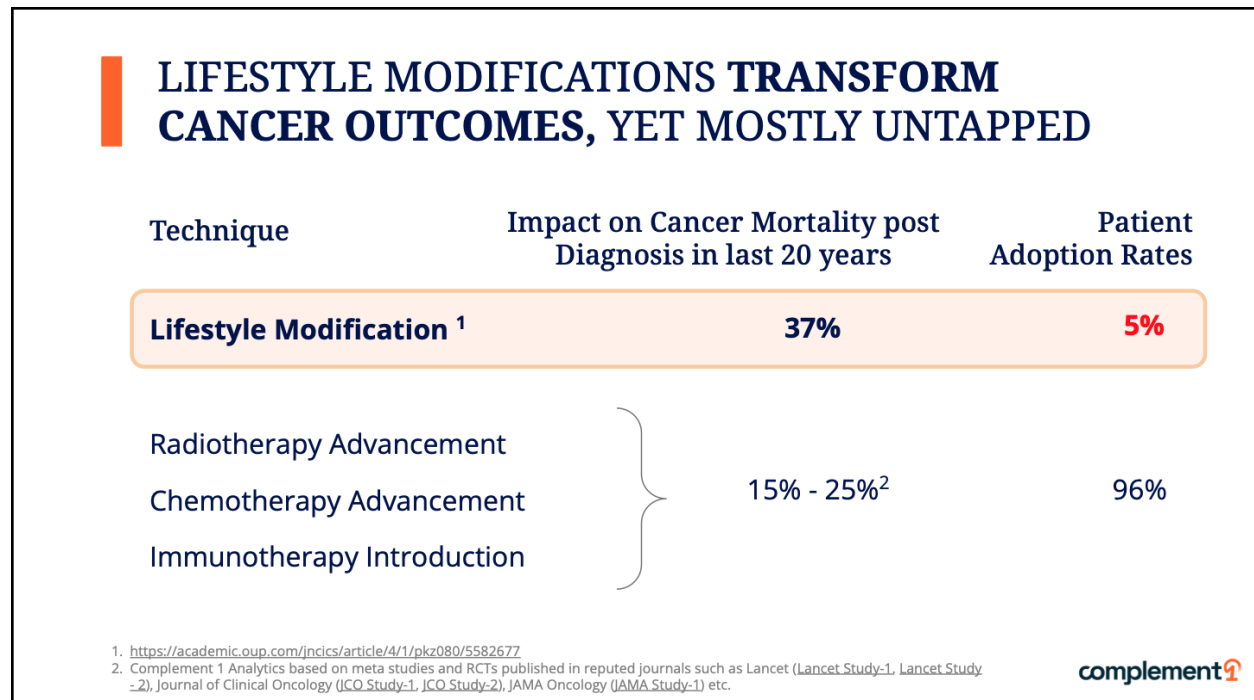
## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

pillars and lifestyle interventions that are super important for implementing to really help with cancer related outcomes.

 <b>CANCER REHABILITATION</b>	
<b>What is it?</b> <ul style="list-style-type: none"><li>• An evidence-based, specialized field of <i>physical and occupational therapy</i> designed to help individuals minimize/overcome the physical, emotional, social, and functional side effects of cancer and its treatments.</li><li>• These specialized therapists have extensive training in oncology and understand how to safely and effectively manage cancer-related side effects.</li><li>• It is an integral part of cancer survivorship care.</li></ul>	<b>Why is it important?</b> <ul style="list-style-type: none"><li>• Helps patients regain their function and independence.</li><li>• Improve patient’s quality of life and overall well-being.</li><li>• Supports patients in returning to their daily activities and routines.</li><li>• Offers psycho-educational support to help patients cope with the emotional aspects of their cancer journey.</li></ul>

As an oncology physical therapist myself, I could not hesitate, but also include Cancer Rehabilitation into all of this. So Cancer Rehabilitation, if you're not familiar with it, is an evidence-based specialized field of physical and occupational therapy. The goal of Cancer Rehabilitation is to really help patients and survivors minimize their cancer-related side effects so that they can improve their physical, emotional, social and functional well being. So these therapists are highly trained in oncology, and they understand the side effects. They understand the treatments and diagnosis to make sure that they're safely and effectively helping people manage side effects. It's an integral part of cancer survivorship care. There's tons of research within this field, so I just want to include that in as a physical therapist myself. Now, like I said, we've looked at these interventions, and we know that exercise, nutrition, these Mind Body practices, in conjunction with Cancer Rehabilitation, really creates a powerful, comprehensive survivorship plan. I say “survivorship plan”, but I want to note that this is for cancer patients as well. This is for anyone, regardless of where they are in their cancer, their cancer recovery, their journey.

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]







Lifestyle interventions have been researched so much, and in fact, they are clinically proven to really improve cancer-related outcomes. I want to highlight here that there's been a 37% reduction in side effects and cancer mortality, and this is looking at over 30 studies with over 150,000 participants.

But what's really interesting to me here is that despite there being so much evidence in this field, there's only been a 5% adoption rates by the cancer community and and we know this from from numerous services that are out there, from speaking with cancer patients myself as a therapist, we know that patients and survivors are motivated to make those changes, those healthy lifestyle changes, but so many of them don't know where to turn to. There's this miss. They're missing that clear, safe evidence guidance that's specific to them.

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

**complement** 1

A Novel **Lifestyle-Modification Platform** to Improve Cancer Outcomes

Featured in:    

This is why I'm very excited to introduce Complement 1 to you all today. Complement 1 was designed to fill this gap to take vague evidence for exercise, nutrition, mind and body practices, and provide people with personalized action, actionable support. It is a platform that you would download on any kind of tablet that you have, a phone or tablet or computer, and essentially, it delivers personalized guidance for exercise, nutrition and breath, work and meditation. Those three pillars that we were talking about to support cancer patients and survivors in improving their health and recovery outcomes. What's incredible and what makes it really different is the program is designed by exercise oncology specialists and nutritional experts, and it's all built on the latest clinical evidence. And as you will see, it's also developed in partnership with AICR.

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

### 1<sup>ST</sup> CLINICALLY VALIDATED DAILY LIFESTYLE INTERVENTION FOR CANCER



**Human Led**  
Live CoActive Coach works together with patients daily

**Tech Enabled**  
Daily Custom Session for 45 mins

- Exercise
- Nutrition
- Meditation/ breathwork

**Personalized to each journey for**

- Cancer type
- Treatment
- Side effects.

In partnership with  
 American Institute for Cancer Research

4.9/5 rating  
across 25,000+ sessions

**complement**

Let's take a closer look at what this platform is so that you have a better idea. As I mentioned, it is a platform, and so once you go into the platform, the first thing you would do is fill out a simple intake form. From that simple intake form, the app has a really sophisticated rules engine, and what that does is that it will create a program individualized to you, to your cancer type, to your treatment history, to where you are in your treatment history, to your side effects that you're experiencing, and any other health conditions. From that, it'll generate a program that's specific for you. Each session lasts 45 minutes.

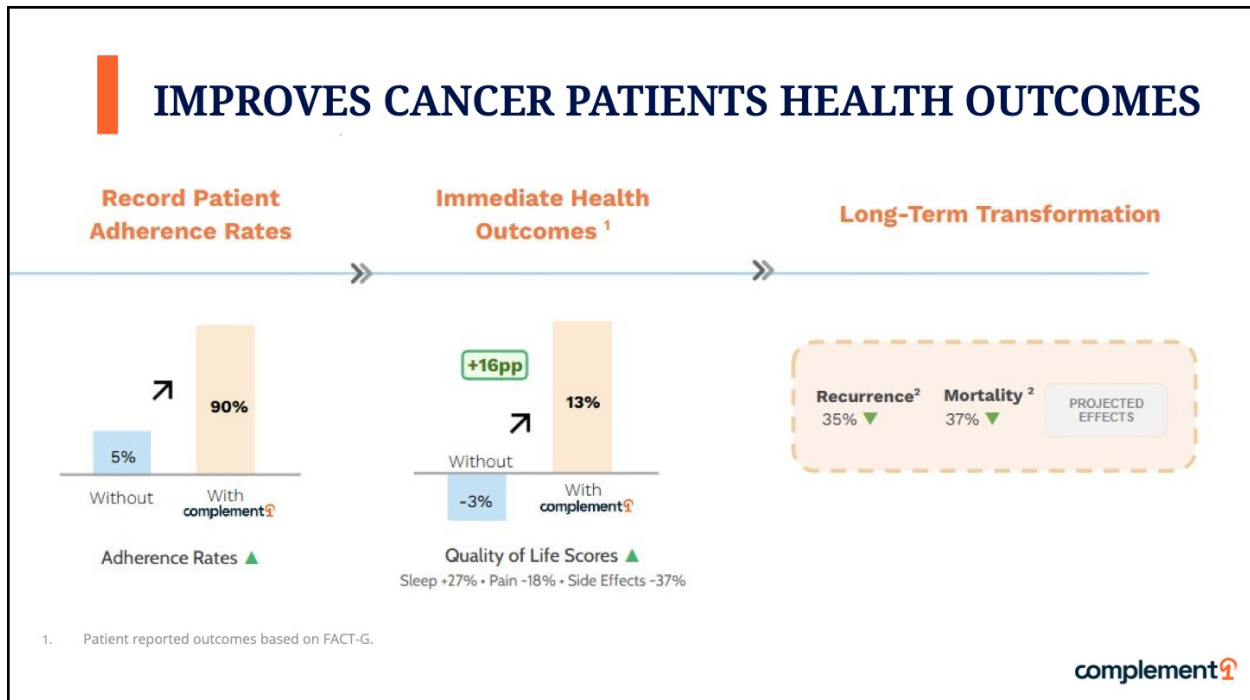
We recommend that people do five sessions per week, and I'll explain why. Each session has three components, as I mentioned: there's personalized exercise which lasts 30 minutes. This is why we're recommending five days a week to build up to that 150 minutes of aerobic exercise per week that the American College of Sports Medicine recommends. It also includes in that session three to five minutes of focused nutritional guidance, in addition to about seven minutes of breath work and meditation.

What really drew me to this app as a physical therapist myself, is how individualized it is. **One of the biggest concerns that I always have is I want to make sure that patients and survivors are safe. That is the number one thing is that when they're implementing any sort of exercise, nutrition or breath work, they are safe. And the only way that we can ensure that exercise and all of those things are safe for the community is if it's individualized.** In addition to having that rules engine that's individualizing the exercises, what also makes this really different is that you also have a live exercise coach who is joining each session with you, and so that live exercise coach is adding that human connection, is adding that piece to make sure that while you're doing those exercises, it's further modified and adapted to you. So depending on what you're experiencing that day in terms of side effects, or if you've started chemotherapy or ended

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

chemotherapy, that coach will be there to modify it. Depending on where you are that day, they meet you where you are.

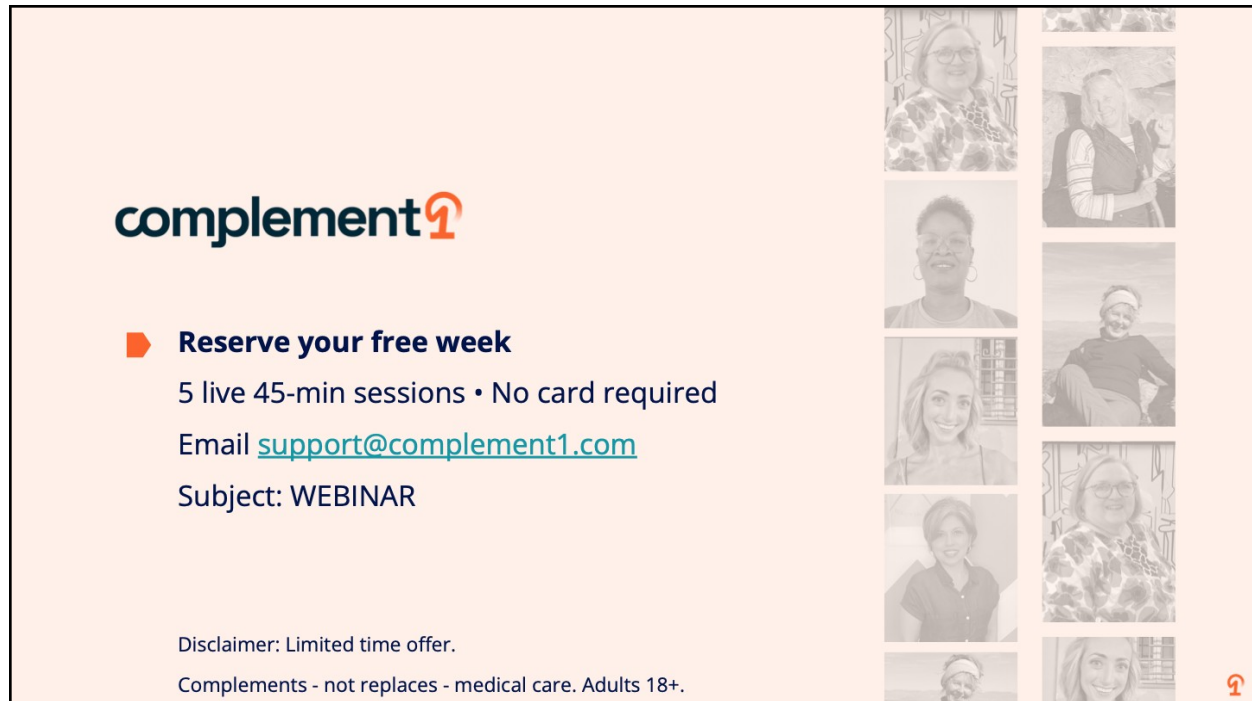
We get this question a lot: who are these coaches? These coaches are specially trained in exercise oncology, nutrition and trauma-informed care, and they go through a rigorous training and numerous certifications to ensure that the guidance that they are providing is safe, as I mentioned before, is evidence-based, and is personalized. That is the most important part. That gives you a good idea of what this platform does.



I'm really excited to share some of our engagement and the impact that Complement 1 has been having. The clinical trials are demonstrating really great participation. We see here that over that 90% of members are completing five sessions per week, compared to only 5% nationally. We also see that this is translating into really meaningful outcomes for our members. So we're seeing a 37% reduction in side effects, 18% reduction in pain, 27% improvements in sleep, and a 16 point improvement in overall quality of life, which we measure using a standardized questionnaire.

All of this is just really exciting, especially as a therapist who has worked in this field for over 10 years now, just having something that will help people to make these meaningful changes. So to wrap up, as I mentioned, we are very excited to share this information with you.

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I hope that helps to provide a little bit more background on these lifestyle interventions to improve recovery and long term health.

Brad Power 15:05

I'm doing the math a little bit. You said five sessions of 45 minutes. If I multiply, that's 225 minutes. Yet you said 90 to 150 minutes was the amount of exercise people should get in a week. I recall from our session last week with Katie Schmitz that if you exceed 150 minutes that can be a bad thing. She said it's an upside down U and so too much exercise, as Roger raised with the example of the marathon runners who are then increasing their risk of colorectal cancer, you don't want to have too much.

How does the five sessions at 45 minutes stack up against the 90 to 150 minutes you're supposed to get in a week?

Amanda Grilli 16:00

The session itself is 45 minutes, but the exercise component is 30. And so that's where we're doing 30 times five is giving us two is bringing us to that 150 minutes. The nutritional piece is just guidance. It's really just focused on guidance, and then you just have some breath work and meditation.

I totally appreciate that you brought up the fact that too much exercise actually can have negative side effects. And we see that often with that it's an upside down J curve where you're

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

kind of passing 300 minutes, where then exercises actually can actually be detrimental to you, so that's why we're recommending those five times a week.

Brad Power 16:45

One of those 45 minute sessions actually touches on all three of the lifestyle interventions you've been talking about.

Is that one-on-one, or in the picture you have on the screen now it looks like it's one human coach, and then maybe four or five people?

Amanda Grilli 17:07

The platform actually started off one-on-one, and we quickly, after doing numerous services with our members, we quickly realized that they actually wanted joint sessions, which was really interesting to us, and so now our sessions are actually one to six, and it's been working super well over the last few months. The coach is still able to modify and the people who get grouped together are grouped together within a specific rules engine so that they're experiencing similar side effects to make it easier for the coach to modify and supervise them all.

Brad Power 17:46

We heard something similar: Kerri Winters-Stone at OHSU led a webinar about her work. It was during the pandemic, so they went virtual, they went online, and they were surprised to find that people had community. It was an unexpected side effect as they developed a community such that the group wanted to keep in touch with everyone else in the group doing the exercise. So there is a social element to these group exercises for many.

Amanda Grilli 18:19

That is something that we unexpectedly also noticed, is people want community, and that also is a drive, a motivation for a lot of people to stick with coming back so often, is that it really minimizes that isolation that a lot of people experience.

Brad Power 18:39

How are you able to schedule this? I think one of the biggest challenges for anything, for myself, for anybody, is, how do I find time in my busy day to dedicate the time that I know I should. It's like the things I know I should do, but I don't often do what I know I should do. What are some of the tricks? I guess, if you have a scheduled meeting like that. That's one trick. Anything else you found that encourages adherence to whatever people know they should be doing?

Amanda Grilli 19:06

Yeah, the biggest thing that we noticed in terms of adherence, so the number one, as you mentioned, is you're scheduling this time for your live session, and so now you have this person, this coach, this exercise coach, who is waiting for you to show up. But the other thing that we've noticed drives adherence is the community piece, which is so interesting to us, is people are searching for community. And that was something that was surprising to us that

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

really is driving that adherence more so than the fact that they know that this is important and beneficial. But it's really the community.

Brad Power 19:43

As you look across the three forms of lifestyle intervention, can you say anything about how sometimes people don't have time. In the session we had last week, it was Matt DeAngelis who was saying, “I'm undergoing chemotherapy, I'm tired. I'm trying.” Maybe there are people still at work. If they had to focus on any one of the three? Or would you say, “Well, only do 15 minutes, but do all three.” Or focus on one or the other? How would you think about flexing the combinations of things that people might do if they can't do what's ideal?

Amanda Grilli 20:25

Exercise is just backed by so much research, and we know exercise to be very beneficial. What I mean by exercise is that it can be structured exercise where you're following an exercise program in a platform like this, or it can just be day-to-day movement, walking, and if it's a day where we're more limited in our mobility, just doing simple movements in a seated position is very beneficial for combating a lot of these cancer-related side effects. If someone is looking to be overwhelmed from a time standpoint, I think focusing on exercise is a great place to start. And like I said, it can just be a few minutes. Any movement is better than nothing. This is something that a physical therapist likes to say quite often.

Brad Power 21:18

Katie Schmitz made that point as well. Just the biggest value, she said, was people who had been sedentary doing something. That's the biggest payoff. Everything else is good, but that was the biggest payoff.

Roger asks in the chat: What adverse effects have you observed from too much exercise?

Amanda Grilli 21:43

A lot of the time, what ends up happening when we do too much exercise, it actually affects our immunity. And so that is the biggest thing that I've noticed amongst the cancer community, but amongst the general population as well. I remember that research study about that kind of upside down J where, if you're doing too much exercise, what happens is that it ends up being a negative effect, and most of it is focusing on decreasing your immunity primarily. That could mean very different things for different people, but that's the biggest side effect that I've seen.

Brad Power 22:18

So it could just mean they get sick, they get colds, they don't have a resilient defense against things that might be affecting them.

Amanda Grilli 22:27

Yeah, exactly. And the biggest thing with exercise is that we need to give our body enough time to recover. If we're pushing our body to its limits at all times, we're not getting that recovery piece, which is also very important for being able to then do more the next day.

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

Brad Power 22:50

That then triggers a question about measurement. I have an Oura ring, and it tells me if I had a good day of activity yesterday, or not, or too much, or rest today, your heart.

Are there any medical devices that you recommend that can complement people measuring any of these metrics, such as too much exercise or anything else?

Amanda Grilli 23:22

I have an Apple Watch, and I personally like the Apple Watch because it does track a lot of steps. It tracks my movement. I always like to see my little rings closed. An Oura ring is great. I know that it's been more developed for sleep, which is also an important consideration for a lot of people when we're focusing on improving, especially cancer-related fatigue. We know that exercise is one of the best ways of improving cancer-related fatigue, but we know that we need to balance that with rest and recovery. So the Oura ring is great for that. Fitbits are also really awesome for just being able to track exercise over time. My husband has a Whoop. He really likes it. It has tons of data in there, but I think it's just about finding what works best for you. I have patients who just have pedometers attached to their belts that are going back in the old fashioned ways, and those honestly work super well also.

Brad Power 24:22

Hilary asked about dance parties. Do you offer exercise dance party sessions?

Amanda Grilli 24:35

In Compliment 1 we do have dance-related exercises which have been incredibly fun, and a lot of people seem to love them, and again, the coach is there to modify them.

Brad Power 24:53

Very cool. Any other just any besides dance parties, any other variations?

Amanda Grilli 24:59

The majority of it is really structured, kind of as you saw on the screen here. I'll just go back to that slide. The majority of it is a very structured kind of exercise. We use very, very minimal equipment, because we want to make sure that this is accessible to everyone. But, like I said, we do have those dances. We do have a yoga instructor who also does some yoga exercises geared to everyone. Some of it is for chair yoga, and some of it is traditional standing yoga. I'd say those are the varieties that we have.

Brad Power 25:33

Picking up on the comment about over-exercising and the immune system: Allen Morris, who's a pathologist, citizen scientist. How do you measure immunity status in the study you alluded to?

Amanda Grilli 25:55

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

In that study, I can't recall off the top of my head, that would have to be something that I look at. It's been a while, but I'm happy to share that resource with you, Brad, so that you can share it with the community.

Brad Power 26:07

Helen asks: if you're doing intermittent fasting and not eating until noon, for example, but working and doing Zumba at 10am, is there anything wrong with that?

Amanda Grilli 26:16

That's a really specific question, and that's definitely something to speak to your healthcare team about, and like I mentioned before, I really highlight working with an oncology nutritionist or dietitian, because they'll be able to figure out if that is safe for you and most appropriate for you, depending on where you are in your recovery.

Brad Power 26:38

I'm just going to ask a question about one of my pet peeves. When I was diagnosed with lymphoma, I was getting a chemotherapy cocktail. I spoke with a nutritionist at Brigham and Women's, and said, “What should I be doing that's unique to me, because I've got lymphoma and I'm getting chemo?” They gave me a guide, which was basically what you said: eat plant based, don't eat red meat, avoid sugar. It was generic stuff that I already knew. I've been tracking what's healthy in general all the time. But they didn't personalize it to my situation. I thought there must be something I would think that, with chemotherapy, with lymphoma, it must be different than with somebody with a different cancer and with a different treatment.

Do you have any thoughts or any comments you can make about personalizing at that level?

Amanda Grilli 27:34

I definitely think that across all cancer care, we should believe in personalizing our care. That's what ensures that it's really safe and appropriate for that person, like I mentioned, especially as a physical therapist myself, really focusing on personalizing exercise is so important because we don't know where people are in terms of level of functioning, mobility, and deconditioning. I really think that that should be the case across all of the interventions, specifically nutrition. You have some people who are experiencing severe muscle wasting because of their treatments, and they definitely need different nutritional recommendations compared to someone else who's in survivorship. I 100% agree that standard cancer care needs to be much more personalized than it currently is. That is what I'm hoping for in the future, and I've been trying to work hard to make sure that we are developing more personalized standards for patients.

Katya Bykova 28:35

At Complement 1, it's our name, it's our identity – we're complementary to standard of care treatment. So another aspect of the personalization could come, and oftentimes comes from your medical team, who can see you if you choose to share the program with them, they can get reports, and they can see, did you input your information correctly, how are you progressing? And they can work jointly, and further add to personalization of your program, making sure that

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

it's safe. It's a very important point. I just wanted to make sure that everybody you know got a preview of this. Your medical team, your oncologist, could get access to Complement 1, and they often do, and then they see reports, and they work with us to make sure that it's further personalized and safe.

Brad Power 29:49

Rick Davis has a question about cost.

How inclusive is your program? The pics show only women and only one was of color. What about people who will not be able to afford it?

Amanda Grilli 30:06

Our program is absolutely inclusive. All of our coactive coaches or exercise coaches are across the US from all different regions, all different backgrounds. So definitely inclusive. We do have quite a bit of a mix of female as well as male. And then the cost of the program is \$20 per session.

Brad Power 30:37

This free week that you're offering on the slide here as a sample test, and then if people want to stay on that, it's \$20 per session?

Amanda Grilli 30:49

Exactly. And if you reach out to our team, they'll be able to provide you with so much more information about cost and all of those things as well, but this is five free individual live sessions.

Brad Power 31:08

If I do the math, if we had five sessions a week at \$20 per session, that's \$100 per week over the course of a year, it might be \$5,000. Does insurance cover that?

Amanda Grilli 31:24

That is something that we are working very hard on trying to implement, because we know that a lot of cancer patients and survivors do experience financial toxicity. We are trying to really figure out ways of making this much more accessible. A number of ways that we are doing that is, we are trying to work with insurance to see if they are willing to cover this. We have also approached numerous different cancer facilities to see if they want to onboard this as something that they're offering their survivorship through their cancer survivorship programs. So there's a few different ways that we're trying to make it much more accessible to the community.

Brad Power 32:07

David Plunkett says, I guess when we were talking about Fitbits and Whoops and things, he likes his Samsung watch. So just put in a plug there.

## **“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

Hillary says, [Dr William Li](#) offers a course on nutrition with emphasis on anti-cancer, diet foods for apoptosis, immunity, anti-angiogenesis, etc. Are you acquainted with that nutritional advice from Dr Li?

Amanda Grilli 32:49

No, I'm not too acquainted with it. Like I said, I focus as a physical therapist. I'm much more focused on that, on that part of the exercise oncology. When it comes to nutrition, I always refer to my dietitian and nutritionist colleagues. I'm not familiar with him.

Brad Power 33:05

We made the connection that you're in Paris and Helen is in Paris. Are you practicing in Paris as well? We can generalize this. Are your sessions which are virtual, which presumably could therefore be global? Is your scope US or ex-US?

Amanda Grilli 33:22

Myself as a therapist?

Brad Power 33:25

Is Complement 1 as a service primarily US-focused, or is it global?

Amanda Grilli 33:32

Compliment 1 is primarily US-focused. However, we do have members from all over the world.

Brad Power 33:41

David is confirming the website is complement1.com.

Rick Davis says compliance is huge, at that cost, it is a barrier to compliance. Do you have any comments on that?

Amanda Grilli 34:11

Is the cost a barrier to compliance? Is what they're asking? Yes. So at the moment, we haven't seen that being a cost to being a barrier. The biggest barrier that we've identified, and Katya, you can correct me if I'm wrong, is just people implementing it in terms of time-wise. Katya can definitely comment on that, but I don't think that cost has been the biggest barrier that we've identified.

Katya Bykova 34:49

The total cost per month, as you mentioned, adds up to about \$400 per month. We are a young company. As Amanda mentioned, we are working and our mission is to make it accessible to as many cancer patients survivors as possible globally. We are raising awareness around the impact of lifestyle. We have invested right heavily in our clinical trial to show that that could drive meaningful results. But however, we are a company. We are starting with a \$400 subscription for those who can cover it right now. We are working with some cancer centers that strongly believe in programs. Some of them are top five NCI-designated cancer centers in the country

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

that have opted in sponsoring this program or supporting part of the cost of this program for their patients. The oncologist would refer their patients to Complement 1, and they would supplement part of the cost. And then, of course, again, long term, we're looking to work with insurance companies that would be reimbursing this. But as a code right now, across the country, it is not reimbursable, and I feel like it is an issue. It's not necessarily a Complement 1 issue. It's a broader access issue that we're looking to address, but will, of course, take some time.

Brad Power 36:28

This is a question for Katya: I just wanted to build on that. You mentioned your relationship with AICR and we had Nigel Brockton on, I presume you know him, and you mentioned you have some major cancer centers that you work with.

Are there any other collaborations you have, any partnerships?

Katya Bykova 36:51

We are in the process right now of launching with some cancer centers and health systems. From a legal standpoint, of course, it takes a lot of work and permission, especially when it comes to cancer, to be able to share publicly. So at this time, I could say that we work with a top five NCI-designated cancer center in the US. That's what I'm allowed to say. But we're really excited to be able to share more news as we develop this partnership in the near future.

Brad Power 37:25

Vic asks: getting at the cost question, can you have less than five sessions per week to save on cost?

Amanda Grilli 37:33

Yes, absolutely. If you reach out to the support team, that's something that they can absolutely discuss with you. Like we mentioned, we're trying to make it as accessible as possible, so it's not an all-or-nothing kind of situation.

Brad Power 37:53

That answers Rick's question. So this does not necessarily require a \$400 outlay per month.

Brad Power 38:11

A typical question, Amanda, that I like to ask as we wrap things up, is for you to leave any words of wisdom, summary thoughts, or key messages you'd like to leave with us?

Amanda Grilli 38:27

To bring a little bit more light to something that we mentioned before: **When it comes to implementing these interventions that we talked about, and you're looking at those numbers of 90 minutes per week, or 150 minutes per week, any movement is better than nothing. Even if it means a day where you're more sedentary and you're sitting, even just doing any little**

**“How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]**

movement while sitting is wonderful, and it's just about building upon that to maybe reach those goals one day. But anything is really beneficial.

## “How Daily Lifestyle Interventions Improve Your Cancer Outcomes” (Amanda Grilli) [#158]

### CHAT DISCUSSION

- 00:31:09 Roger Royse: what adverse effects have you observed from "too much" exercise?
- 00:31:24 Hilary: Do you offer exercise Dance Party sessions?
- 00:34:31 Allen Morris: How do they measure immunity status in the study you alluded to?
- 00:35:01 Helen: if you are doing intermittent fasting and not eating until noon, for example, but working out doing Zumba at 10am, is there anything wrong with that?
- 00:35:32 Rick Davis: I waited but no one has asked about cost. Please discuss.
- 00:36:14 David Plunkett: Samsung fan here, for activity tracking and sleep tracking.
- 00:36:28 Rick Davis: How inclusive is your program. The pix showed only women, and only one was of color.
- 00:36:46 Rick Davis: What about people who may not be able to afford?
- 00:41:31 Roger Royse: Reacted to "Samsung fan here, fo..." with 👍
- 00:43:04 Hilary: Dr. William Li offers a course on nutrition with emphasis on anti cancer diet. Foods for apoptosis, immunity, anti-angiogenesis, etc.
- 00:43:48 Rick Davis: What do you do for those who can't afford \$5000 per year.
- 00:44:13 Helen: Are you practicing in Paris as well?
- 00:44:27 Rick Davis: Compliance is huge - at that cost, it's a barrier to compliance.
- 00:45:15 David Plunkett: Confirm I found the right web site?  
<https://www.complement1.com/about>
- 00:46:03 Katya Bykova: Yes, complement1.com
- 00:47:51 Vic (he/him): Can you have less than 5 sessions per week to save on cost?
- 00:47:54 Rick Davis: So does this require a \$400 outlay per month