

**RGB's Personal Trainer Bryant Johnson  
in Conversation with Michelle Stravitz of 2Unstoppable**

National Webinar Transcript

August 16, 2020

Presented by:



**This webinar is in partnership with:**

2Unstoppable and Alpha Epsilon Phi Sorority

**This webinar was made possible with the support of:**

The Cooperative Agreement DP 19-1906 from the Centers for Disease Control and  
Prevention

The Siegmund and Edith Blumenthal Memorial Fund

## RGB's Personal Trainer Bryant Johnson in Conversation with Michelle Stravitz from 2Unstoppable

Ellen Kleinhaus:

Welcome. I'm Ellen Kleinhaus, Sharsheret Director of Campus and Community Engagement. As you are waiting, you are asked to complete the pop-up on the screen. The answers are confidential and cannot be seen by the participants. And we encourage you to participate. Also, please make sure your cameras are off for a better viewing experience. I want to thank everyone for joining Sharsheret. Tonight, you will meet Supreme Court Justice and octogenarian Ruth Bader Ginsburg's personal trainer, Bryant Johnson, author of *The RBG Workout: How She Stays Strong ... and You Can Too!* as he talks with Michelle Stravitz, co founder of 2Unstoppable, a fantastic online resource that helps cancer survivors at any stage get up and move.

If you're a woman at risk, diagnosed, or a survivor of breast or ovarian cancer, or want to learn some easy exercise moves, this enlightening event is for you. So before we begin, I have a few housekeeping items to share. You may have noticed all participants are muted upon entry. Please keep yourself on mute throughout the call. Also, please make sure your cameras are off for a better viewing experience. This webinar is being recorded and will be posted on Sharsheret's website along with a transcript. If you would like to remain anonymous, again, make sure that your cameras are off. We will remove all names before posting on the website. We have received several questions before the call and if you have any additional questions, please use the chat box which you can access from the bottom of your screen.

I know many of you may be curious to know how Justice Ginsburg is doing and may want to ask questions pertaining to Bryant's relationship with her. But that's something he keeps personal and private so we thank you for respecting this. As a reminder, Sharsheret has been providing telehealth services to the breast and ovarian cancer communities for more than 19 years. Although, we could never have imagined the world as it is now through our services we have been preparing for this moment to continue to be there for each and every one of you. This webinar is a perfect complement for Sharsheret as we have a significant focus on healthy living. We have our team Sharsheret initiative where individuals participate in walks and runs in their own community or can join team Sharsheret in virtual races such as the New York City Marathon as the one in person has been canceled.

This is an easy way to stay healthy and make your miles meaningful. We also have our healthy living page on the website that has lots of resources from exercises to recipes and more. Lastly, as part of our Thriving Again kit, we offer an exercise class series in our resources and healthy living and surviving cancer section. And you can see the information on our website. As you move into the webinar itself, I also want to remind you that Sharsheret is a national not-for-profit cancer support and education organization and does not provide any medical advice or perform any medical procedures. This information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem. Always seek the advice of your physician or qualified health provider with any questions you may have regarding a medical condition.

When you join this program, you acknowledge the above and release Sharsheret from any liability in the events of an accident or injury that may occur either during the course of this webinar or in performing any of the activities discussed during this time. Again, Sharsheret recommends consulting a medical provider before making any modifications to your routine. This webinar is offered in partnership with 2Unstoppable and Alpha Epsilon Phi sorority. This webinar is made possible with the generous support from the Sigmund and Edith Blumenthal Memorial Fund and the Center for Disease Control and Prevention.

Okay. Let's get started. Today's speakers have a wealth of knowledge and unique perspectives. Thank you everyone for joining us.

## RGB's Personal Trainer Bryant Johnson in Conversation with Michelle Stravitz from 2Unstoppable

Let me introduce Michelle Stravitz, the co-founder of 2Unstoppable, a nonprofit whose mission is to inspire and support exercise among women with a cancer diagnosis. She's a five-year, triple negative breast cancer survivor, she is a PCI-certified parent coach, holds an MS from the George Washington University and BS in engineering and economics degrees from the University of Pennsylvania. Founding 2Unstoppable brings together a wealth of experience and passion, advising and serving on the boards of various nonprofit organizations and running a small management consulting firm.

Michelle has served as a peer supporter for women of all ages undergoing treatment for breast cancer both informally and through various organizations including Sharsheret. She and her husband live outside of Washington, D.C. and have four adult children. Her favorite form of exercise is yoga but she also loves barre, cardio strength training, belly dancing, walking, and she's discovered that you can enjoy and benefit from fitness classes via Zoom. So without further adieu, I would like to welcome and introduce Michelle.

Michelle Stravitz:

Thank you, Ellen. As Ellen said, my name's Michelle Stravitz and I'm the co-founder of 2Unstoppable. 2Unstoppable's mission is to support and inspire exercise among women with a cancer diagnosis. Look, we've been there. We know it's hard to get moving so we're here to help. On our website, we offer a free online matching program to help women with a cancer diagnosis find a fitness buddy. A fitness buddy is another woman with cancer who gets it and who can help with motivation and accountability. So it's like a Match.com for fitness buddies. And we also provide lots of online resources to help you get started and we have launched a whole schedule of virtual fitness events during this time of COVID. So join us, check out our website.

Now, I know you're all muted but I'm going to ask you to repeat after me in just a moment in your own homes. At 2Unstoppable, we're all about getting our bodies moving to improve our own outcomes. So repeat after me. Exercise is good. We should all do it more. That's especially true if we've had cancer. That's our message. Get moving.

I want to share that it's really special for me to be here tonight because Sharsheret was so instrumental in helping me get through my own long nine months of active treatment and even more importantly my transition into survivorship. It's been meaningful for me to serve as a Sharsheret peer mentor and I'm so proud that 2Unstoppable now partners with Sharsheret to help women with a cancer diagnosis learn as I did about the importance of exercise and how to make it a priority in their lives.

Now, I have the privilege of introducing a very special guest, Mr. Bryant Johnson. Bryant Johnson is one of those Washingtonians whose lives cross paths with extraordinary power. In his case, that intersection occurs with some of the most significant and influential legal minds in the world. By day, Bryant Johnson is a records manager for the U.S. District Court of the District of Columbia. In the evening, he drives up the Hill to workout with Supreme Court Justice Ruth Bader Ginsburg, pre-COVID in the court's ground floor gym. Over the years, Bryant's personal training business, Body Justice, has had a client list that reads like a who's who of the federal bench in Washington including several Supreme Court justices and U.S. district judges.

Ruth Bader Ginsburg who is now 87 years old originally started working out with Johnson in 1999 after she was treated for cancer and needed to rebuild her strength. She has kept up the practice all these years including through three more bouts of cancer and a few broken ribs. Justice Ginsburg considers Bryant Johnson a very important part of her life. She is quoted as saying, "I never thought I'd be able to do any of this and I attribute my well-being to our meetings twice a week. It's essential."

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I first met Bryant in 2017 when he released his amazing book, *The RBG Workout: How She Stays Strong ... and You Can Too!* I was truly inspired by Bryant from day one. As I've gotten to know Bryant, I can understand why Justice Ginsburg has continued to work with him and rely on him for 20 years. Not only does she recognize how much exercise has helped her recover from her cancers, but I'm sure she sees, as I do, that this is a man of great strength, integrity, charisma, humor, wisdom, and inspiration, and that it is a true privilege to be around him and to experience his incredibly positive energy.

An Army reservist attached to the Special Forces, Bryant Johnson has traveled the world. He's jumped out of airplanes, helicopters, and a hot air balloon. He is featured in the documentary film, *The RBG Movie*. He has been on Stephen Colbert and Good Morning America ... And I'm going to interrupt myself, check out her shirt. We're going to talk about it later. And numerous other radio and TV appearances and now he joins us tonight to share his book, his stories, and his advice. I am thrilled to share with you the man who makes 87 year old Ruth Bader Ginsburg do planks and push-ups, a true powerhouse and a real match in his own right, Bryant Johnson. Bryant, put your video on. Where are you?

Bryant Johnson:

Now.

Michelle Stravitz:

I see you. There you are. Does everyone see him? I hope so. Bryant, welcome. Great to have you here and always fun to be with you.

Bryant Johnson:

No, it's my pleasure. It's my honor to be here.

Michelle Stravitz:

So I'm going to start by just asking you, what is Body Justice and how did you become a personal trainer?

Bryant Johnson:

Whoa. Wait a minute. That's a new question. What is Body Justice? Body Justice is actually my business as a personal trainer. And I've had that business for over 25 plus years. And I came up with the name, Body Justice, because I happen to work at the federal courthouse so that's the judicial branch of the government. Personal training, you do your body, so it's Body Justice. But when I went on AOL and I tried to get the Body Justice AOL.com, they had B-O-D-Y was taken so I had to put B-D-Y. And it says, "Well, why B-D-Y?" I said, "Because the O is for obesity and that's what I remove." Body Justice, that's what it is.

Michelle Stravitz:

Very good. And by the way, BJ, Body Justice, Bryant Johnson.

Bryant Johnson:

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Right. BJ, Body Justice. I can't make this stuff up. And who knew that I would train a Supreme Court Justice? Wow.

Michelle Stravitz:

All right. You said it. Tell us how you became Ruth Bader Ginsburg's personal trainer.

Bryant Johnson:

Okay. I became Ruth Bader Ginsburg's personal trainer by word of mouth. I was already training a few judges at the federal court and to my knowledge, Justice Ginsburg had just finished her last bout of chemotherapy and she was looking for a personal trainer to get her stronger. She reached out, she interviewed a few trainers, I guess they didn't work for her, and then she contacted one of the judges at the federal court that I happened to be training. And they were good friends at the time and one thing led to another and the judge says, "Well, why don't you try Bryant? He's my trainer and we've been working out pretty good."

So I got a call one day saying Justice Ginsburg wants to meet you in her chambers. Well, at the time, she worked at the District Court. There were two Ginsburgs at the time. And I didn't remember that she made it to the Supreme Court so I went upstairs to the Court of Appeals and I said, "Judge Ginsburg, you needed me?" He's like, "That would be the other one." So I went to the Supreme Court, walked in, sat down, met her. She said, "Well, I met you through Judge Kessler. She says you're her personal trainer. She said we would be a good fit. She says what is your recommendation and what should I do?" I looked at her, I said, "Well, Justice, I recommend that we're going to be doing some weight-bearing exercises at least twice a week." She looked at me as if what do you mean by weight-bearing exercises? I said, "We're going to be doing things like squats, lunges, push-ups, sit-ups." And she looked at me kind of twisted and side-eyed when I said push-ups.

So I looked right back at her and I said, "Yes, push-ups." She didn't say anything and she just said, "Okay." And 20 plus years later, here I am.

Michelle Stravitz:

Let's back up to 20 years ago. How do you get started training a woman who has just been through aggressive cancer treatment? She was weak, she was tired. How do you get started?

Bryant Johnson:

Good question. The one thing I treated her no different than anyone else. And that's, I guess to my luck, because I knew of Justice Ginsburg and I really didn't know how much of a cult following she had. And so to me, she is just another client who needs some help and my job is to help them to help themselves. And so my initial meeting with the Justice, I never asked her what she couldn't do. My only objective is whatever it is that you can do, I'm going to meet you there and we're going to take it from there. And she was relentless and she was, for lack of a better word, she was blind obedient. I said do this, she gave it a try. I say do this, she gave it a try. And so the consistency was one of the things that really stood out. And as we continued to workout and we continued to train, she started to see gains.

She started to see results. And results in a way not like, "I'm big, I'm bulky like this," but small results like, for example, she goes to the doctor, she gets a bone density check the first few times we worked out, it was at a certain point. Then we trained again, maybe a year or so later, her doctor was like, "I don't know exactly what you're doing, but your bone density has increased like five percent." He was

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shocked because she was, at that time, in her late 60s, maybe early 70s and that really put everything in motion. And from that point on, she has been like, "Let's get it done. Let's do it." And we've been doing that way, consistency.

Michelle Stravitz:

Right. Everybody, I hope that's one clue of motivation to get yourself moving to start doing exercise because I know many of us know what it's like to get older and have bone density issues. Chemotherapy creates bone density issues, some of the medications we're on. So there's one clue of motivation for getting ourselves moving. So you talked a little bit about this can-do attitude. Did she have that can-do attitude from day one? Did you instill it in her? What do you think?

Bryant Johnson:

I want to say it's a combination package like shrimp fried rice. I know I like that rice. The one thing I can say is that the Justice is, and if anybody ever looked at the documentary, it says she's a woman of few words. And so she never really talked that much. One-word answers, "How are you doing? How is this? This is good, this is good." So she never really said the one four-letter word that I really do not tolerate with any of my clients. And I've had her say a couple of four-letter words before that slipped out or was about to come out but the one word that she never, ever said was can't. She never said can't and she never not tried to do something, because what she did she trusted me and trusted the process. And we realized and she realized that I always had her best efforts in mind. And so I'm not going to do anything to set you up for failure.

Michelle Stravitz:

You did, I believe it. So when you talk about attitude, tell me about it all begins with attitude. Tell me about that.

Bryant Johnson:

That's a pretty nice shirt. Where'd you get that shirt from?

Michelle Stravitz:

Look at me.

Bryant Johnson:

Wait, wait, wait, wait. It's ironic. That is actually a slogan that I have on my T-shirts, that's a slogan that I've had for the longest when I established my business and it all begins with attitude. Ironically, if you add the letters of attitude up, A being the first letter of the alphabet, T being I think 19. If you add all of the letters up, it equals a certain number and we'll wait until the end. Okay. All right. It equals 100.

Michelle Stravitz:

This is, by the way, everyone in the audience, this is Gematria, courtesy of Bryant Johnson.

Bryant Johnson:

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Yes. Gematria. So you add the letters of attitude up it equals to 100. And so that means that your attitude will really dictate exactly what your outcome is going to be. Luck is only going to get you 47%. Yeah, because you add the letters up, it gets 47. All right. Hard work, even though it has a lot of letters, you're going to come up short, probably about 97, if I'm not mistaken and so it all really begins with attitude. Your attitude by which you attack whatever the situation is is going to yield the results that you're looking for. It's almost like choicefulness. It's you who has the power to be, the awareness and the ability to control that situation. So it all begins with attitude. How's that?

Michelle Stravitz:

I love it. I love it. And I agree. I think this helps people with exercise and also getting through a lot of the challenges of chemotherapy and other kinds of treatment. All right. You talked a little bit about those famous planks and push-ups, how you got started, and where you ended up. Talk about the planks, talk about the push-ups.

Bryant Johnson:

Well, with the Justice, we started off doing not quite the sit-ups that I wanted to have her do but we started to do something called, I used to call it like a clamshell, where she would lay on her back and she would pull her knees in and she would have her arms behind her head and she would pull in real tight and then I would add some pressure to spread out just to build up her strength. And then push-ups because she gave me that side-eye when I told her about push-ups, push-ups is probably one of the best upper body exercises known to mankind that everyone can do. And it's funny and ironic sometimes because when I say that she does push-ups, the first thing people say is girl push-ups. And I look at them and I say, "Well, there's no such thing as girl push-ups."

And so when I talked to the Justice and I had the Justice do the push-ups, I started off with something simple like doing push-ups against the wall. People say, "Oh, I can't do a push-up. I can't do this." Once again, you're using that four-letter word that just doesn't register with me. So the moment you tell me you can't, my mission is always going to show you that you can. And so I had her doing push-ups. We progressed from doing them on the wall to having her do them on the knees. Then she'd do them off of her knees but I would spot her, hold her at her waist, give her some guidance, and up and down up and down. Then slowly but surely, I would take pressure off and then before you know it, she was doing push-ups off of her knees and then I said, "Justice, by the way, you just did 10 push-ups off of your knees."

The moment that she realized that she did that, it was almost like part of her soul lit up. It was almost like an accomplishment that happened, that self-esteem, that sense of accomplishment from doing something physical. The Justice is known for her intellect, her mental capacity but now push-ups, something physical. And the greatest thing about the exercises it really doesn't matter your race, religion, color, gender, national origin, sexual orientation, liberal or conservative, not sure, want to vote, not sure you want to vote, not even know what you want to do. It doesn't matter. In order to do it, you gotta do it. Everyone has to do it. Planks came by way of her getting so fancy-dancy with push-ups, that I had to step the game up and so I stepped the game up to doing planks. And once we started doing planks, she almost wanted to use a four-letter word when I showed her exactly [crosstalk 00:22:01] she wanted to do.

Bryant Johnson:

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But she eventually got better at that and she really saw the advantages of it. And so that became her measuring stick to no matter what prison anchor we would have to go through, and when I say prison anchor, it's an obstacle that holds you down, and whatever obstacle that thought was going to hold us down, that was always our measuring stick. Once we can get back to doing push-ups and planks, she was like, "Okay. I'm back. I'm back." No matter what it was, we would always work up to getting back to doing push-ups and planks. So I hope that answered your question. It's easy to run with-

Michelle Stravitz:

It does but you know what? If she can do it, so can we. If she can do it, so can we.

Bryant Johnson:

Everyone who's blessed in understanding that, I really don't know the questions that Michelle's going to ask so I have a tendency to start telling stories. So I apologize if I get long with it.

Michelle Stravitz:

A great teller. Listen, Bryant, I want to stop and ask you you're talking about some of the nice things that happened when you were working out with her, how she lit up after being down, after her cancer and I'd like to know why do you think women who have had a cancer diagnosis should get moving? Why should they be exercising?

Bryant Johnson:

Can it go back to how we met? Or have you even told people how we met? Because this all leads up to answering that question.

Michelle Stravitz:

Okay.

Bryant Johnson:

And so people know me because I'm Justice Ginsburg's personal trainer but do they really understand how me and 2Unstoppable came to be?

Michelle Stravitz:

They do not.

Bryant Johnson:

I would like to know the answer to that question. Wouldn't everyone else?

Michelle Stravitz:

I think so.

Bryant Johnson:

Okay. Michelle-



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Michelle Stravitz:

They're nodding through the chat.

Bryant Johnson:

Michelle, please do tell me how did we meet?

Michelle Stravitz:

All right. I'm not as animated a storyteller as you are but I'm going to quickly share that in October of 2017, and there was a picture in the slideshow, Bryant put out this book, *The RBG Workout: How She Stays Strong ... and You Can Too!* So basically he published an animated book with a description of all the exercises they were doing in their workout and how you can do them at home, okay, even with just a resistance band and your own body weight. So he published this book, it came out. I heard he was going to be speaking in D.C., it was his first book talk on the launch of the book. I was fascinated by the fact that he started working out with her after she had finished treatment for cancer because that is exactly what 2Unstoppable is all about. So I went to hear him speak, I bought a book. And when I was there I was, first of all, very impressed with his integrity and his attitude and his positive energy.

And I could quickly understand why she's been working with him for over 20 years, at the time I guess it was 17. And I asked a question of Bryant. I said, "What's it like to work with someone who has gone through cancer treatment?" And I let him know that I was a survivor and, Bryant, I'll let you take it from there.

Bryant Johnson:

See, Michelle, Michelle, Michelle, you are so modest by the question that you asked. Everyone, you have to remember that this was my first talk. I had no idea what to expect. No one prepared me. I was still amazed that I actually had a book that was published. So I was at a location, I had my family members in the front row, I had a lot of judges from the Court of Appeals and the District Court that I worked for that came there, I had people from my military unit who surprised me came there, some of my older clients, some of my younger clients, personal clients. I had reporters and people who act like they're reporters but they weren't. So all of these people were there and then they had people ask questions because you had someone interviewing me so I figured he would give me some questions that were pretty easy and go with it.

Then he said, "We're going to take questions from the audience." Unbeknownst to me, I have no idea what someone's going to ask me. Michelle gets up and she hits me with, not a fast ball for all you baseball fans, she hit me with a change-up aimed at my head and it broke across the plate. And she said, "Well, I understand that you're working with Justice Ginsburg and you've been working with her with her first bout of cancer." And I have to correct her, I said, "Second and third." And she says, "What is your philosophy on weights and how is this applied and how will this work with women with cancer?" And I was like, "Huh, now that's an interesting question to come out of the blue with." Unbeknownst to her, I was already taking classes at University of Pennsylvania in California. First of all, who knew there was a University of California in Pennsylvania? However, I regress, I was actually taking classes there and I did a research paper back in 2013 and the research paper was *The Effects of Weight-Bearing Exercises on Elderly Cancer Survivors Particularly Women*.

So I had already did a research paper. So when she asked me the question, I was thinking, "Huh," you know when you go, "Huh," you start to realize that they're asking something that you realize that they don't realize that you realize. So my answer to Michelle was that weight-bearing exercise for cancer survivors is very, very important not only because of the chemotherapy and the radiation and how that

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affects the muscles and bone density because it also, weight-bearing exercise is going to help increase that. Yeah, they tell you pills would but if a great body came in a box or a pill, everybody would have one. Weight-bearing exercises will help to increase that bone density, that would help to get that muscle strength back. But then you're looking at your self-esteem, that confidence. Once you're able, I go back to Justice Ginsburg, when she was able to do a push-up off of her knees without any assistance, the self-esteem, that self-confidence came back. She lit up like, "Yeah, I can do this."

Osteoporosis, weight-bearing exercises. So see, lifting weights is a necessary evil believe it or not and it's something necessary that all people, not just women, but all people really should do but really for the cancer survivors weight-bearing exercise is necessary.

Michelle Stravitz:

By the way,-

Bryant Johnson:

I ain't finished. And then she said, "Oh, thank you very much. Oh and by the way, I'm a cancer survivor." I was like, "Hmm, I would've never thought that." So that's it. That answer your question?

Michelle Stravitz:

Yes. And ever since then it's been a beautiful partnership between Bryant and 2Unstoppable. You mentioned some of the benefits of exercise, obviously weight-bearing on the bone density. I also want to make sure we all realize that it also ... Exercise in recent years has been demonstrated to actually make our bodies less hospitable to tumor growth. So we're actually helping to improve our own outcomes. You also talked about the whole confidence building, the whole attitude and how it makes you feel. So let's talk about the Super Diva. Justice Ginsburg wears that Super Diva shirt when she works out. What is that about?

Bryant Johnson:

Well, that question that you asked was the same question that I was wondering about with the Justice. Now remind you, that the Justice wore this shirt several times but we hadn't really built up a relationship as long as I thought right away that I felt that I could just ask her any old thing. So after a few years, and mind you when we first started training, she really didn't say anything except, "How you doing? Fine. Is this okay? Yes." So she gave me straight, close-ended answers. I remember asking in the chambers one time, "Well, is the Justice okay with the workout because she doesn't really give me any feedback?" They said, "If she didn't like you, you wouldn't still be here." Okay. Duly noted. I never asked the question again. I said, "Okay, let's get busy." By this time, a few years have passed and I felt comfortable, I was feeling myself. She came in with this Super Diva sweatshirt again and I'm looking at it and I says, "All right, I figure I can tell jokes now." I said, "Justice," quote me, "what's up with the Super Diva shirt?"

I literally just went, I was real ... I said, "Justice," I said, "what's up with the Super Diva shirt?" And she looked at me and she said, "Well, it was given to me by the Washington Opera Center." I myself am looking at her like she was looking at me. Continue. She said, "Well, the Washington Opera Center gave it to her and she was in the opera." So if you are in an opera, you can sit at super numera, something, whatever that big word is. And then they said, "If you're the lead person in there, lead woman, you're considered a diva." So hence, super diva as she loves the opera. So at the moment she said that, I looked at her and I said, and she said it to me in a way that she was trying to convince me, "So you see, I really

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was a super diva." And I looked at her and I said, "What you talking about, Justice?" And for all of you who know, "What you talking about, Willis?" That's an old-school show.

Anyway, we'll go back to that. And I looked at her and I said, "Justice, what do you mean you were a super diva?" I said, "The way that you have inspired people, women, not even women, but just everyone women, men, and everything and to your can-do attitude and the way that you do things against all odds, no matter what you still show up and you still do what you have to do. To me, that is a definition of a super diva. So to me, you're still a super diva." And at that moment, she lit up and then I met you and we started talking and then I said, "Well, what other person would need to know that they're super diva if it isn't the cancer survivors. They have to understand that they show up no matter what. They put in that work. When you have to go in for treatment and you know you're going to come out feeling like garbage and you show up again and you know you're going to come out feeling like garbage and you still show up, that is what a super diva does. They don't stop. They still show up and they still do what they do."

So I created the shirt Super Diva as you are wearing it. It is in the colors of 2Unstoppable which are pink and purple because yes, breast cancer is one color but all forms of cancer so I collaborated with Michelle, and because I met you for the first time, I just felt, something told me that I needed to do more for 2Unstoppable and that's how the Super Diva shirt came about. And then I changed a little bit of the sayings on the back so you may have the old-school one that has The RBG workout.

Michelle Stravitz:

Yeah. Yeah. And it-

Bryant Johnson:

But now the new one has on there, it says, "Keep moving to stay strong." And then I actually sign it. So my signature on that means that my signature, that means I stand behind that.

Michelle Stravitz:

Some of them say just show up, right? Don't some of them also say, "Just show up"? And that's what we do. That's what we do. A lot of people have asked about how to get some of these T-shirts. And at the end of this, there'll be a slide with Bryant's website. All the T-shirts are sold on his website along with the book. You can see all the information, it's on [RBGWorkout.com](http://RBGWorkout.com) but that'll be up at the end and I think you'll get it in a link. So I know there's been a lot of questions about that.

Bryant Johnson:

Some of the proceeds go where? Part of our proceeds go to who? Part of the proceeds-

Michelle Stravitz:

Proceeds of the T-shirt sales, thanks to Bryant's generosity, go to 2Unstoppable. Very generously of him. But they really are very empowering to wear. A lot of women in the 2Unstoppable community wear them when they exercise and it just makes you feel, just walk a little bit taller when you wear the T-shirt. So it's a lot of fun. Let's just take another minute and then I think we're going to get moving. But let me ask you a question. During this time, it's a challenge to get exercise in during this whole pandemic. How have you adapted your training and your own exercise during this pandemic?

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Bryant Johnson:

My exercise myself really hasn't changed. I still go, matter of fact, I had a workout before I came here. So I have access to a private gym so I still can use that. The gym is very strict. We have to have masks on when we work out so that really hasn't changed. The courthouse is probably down to maybe a 10% capacity of employees working there.

Michelle Stravitz:

How about those of us who are stuck at home?

Bryant Johnson:

But for those who are stuck at home, guess what? There are still things that I have been instructing some of my clients I haven't been able to train. So for the Justice, for example, I have actually filmed exercises that I want her to do. So instead of me saying, "Do this, do that," I actually film myself do it and do it this way. Now the book really becomes more in play because there are a lot of things that you can do just using resistance tubes. And these resistance tubes become instrumental in doing a lot of exercises that you can do. The main thing that I want people to do is because you're virtual there's no excuse. It's really just get out there and do something. It doesn't matter what it is. Just show up and do something.

Michelle Stravitz:

I'm really excited to see that many of the women who are watching tonight have answered the poll and said they'd been walking, they'd been doing various types of exercise. We want you to keep it up, we want you to mix it up. And just to get an idea of how to do that, we're talking about getting moving, we're talking about the importance of exercise. Let's not just sit here and watch. How about if you show us a few simple exercises that people can do at home?

Bryant Johnson:

Let me see. Can you see me? I'm going to tilt the camera down just a little bit, not that I'm shrinking. All right. So now everyone is probably at their computer and they're probably sitting down just like I am, correct? All right. So the very first thing that I want people to do, now this particular exercise is one of the exercises that I told Justice Ginsburg to do that if she cannot do this exercise, she will need a nurse 24/7. Now I had to tease her a little bit and she looked at me like I was stuck on stupid and locked on dumb and she still looked at me. So I said, "Justice, I need for you to just sit down," at that time I gave her a heavy ball but let's say you don't have a heavy ball. Let's just say you got a container of water. You're just going to grab this container of water and you're going to hold it out in front of you just like I'm doing.

Now I need you to stand up. Stand up, Michelle. Thank you. Sit down. Stand back up. Stand up, Michelle. Sit back down. Stand back up. Sit back down. Five more times. Up, back down. That's four. Three more times up, back down. Two more times up, back down. One more time stand up and wait a minute I haven't seen (name removed),, I haven't seen you move yet, and down. Yes, I can see you.

Michelle Stravitz:

No it's just a photo.

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Bryant Johnson:

Oh, that's a photo? Oh, okay. My fault. All right. So now that I have this water bottle, I'm going to hold it straight out in front of me. I'm going to screw the top on, now I'm going to turn it sideways. Michelle, you have a glass, you can't turn it sideways. So hold the glass like this. No, no, hold it like this. Okay. I'm going to take it up over my head slowly, slowly bring it back down, hold it right here. Take it with one hand, open slow, bring it back. Switch hands, open-

Michelle Stravitz:

I'm next to a wall.

Bryant Johnson:

Okay. Take it back up, hold it, bring it back down.

Michelle Stravitz:

I hope everybody's doing this with us.

Bryant Johnson:

One more time open, bring it back. Again open, bring it back, bring it back in to your chest, stick it back out to the front, bring it back in, stick it back out. Two more times bring it in, stick it out, bring it in, open it, take a sip. If it's wine, okay, take it, put it down. Now you're sitting in a chair, I want you to put your hands right here under your seat, hold it. I want you to lift your leg up, extend it out, bring it back in, and put it down. The other leg lift it up, extend it out, make sure you pull the toe back so it looks like this, pull the toe back, bring it in, and back down. So if you can't see me, I'm going to slide back. So lift it up, extend, in, back down. Up, out, in, back down. Up, out, in, back down. Up, out, in, back down. One more each leg up, out, in, back down, up, out, in, back down. Good and relax.

Now what I want you to try to do if you can do this, I want you to come here, grab your chair, turn it to the side. I'm going to move the camera so you can see me a little bit better. I'm right here on the side. What I want you to do nice and easy. Lift that leg up, now here balance, really hold it, then go. If you got to let go and go like this, it's okay. Come back, hold it, bring it back down. Keep it here. Switch the other leg, pull it up, balance, control, back down. One more time lift it up, hold it, stabilize yourself, out, bring it down. Last time the other leg bring it up, hold, stabilize, keep that core tight, hold it out, bring it and back down. Let's bring that chair back around. I'm going to come back up. There are plenty more exercises that you can do but that's just a little taste to get us moving and doing something. Last thing I want you to do is just rotate those arms circularly, make small circles to the front. Good. Now rotate to the back, to the rear.

Okay. Now I want you to stop. I want you to hold your arms like this. Imagine that you had a pitcher of water in each hand. Now I want you to pour the water out of the pitcher, pour it out of the pitcher like this and back, pour it out of the pitcher and back because I'm thirsty, pour it out and back, out, I'm doing side to side so you can see me pouring the water out and back, pour it out, back. Everyone bring it back down, shake it out. What I want you to do is put one hand on this side of your shoulder, one hand on this side of your shoulder, go like this, squeeze it. Thank you so much for getting me some movement. I really appreciate it. We're back on, Michelle.

Michelle Stravitz:

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Thank you, Bryant. We can all use a hug these days, that's for sure. I hope everybody feels like they got a little exercise in, a little stretching in, a little movement. There are many, many other ways to get moving from home. 2Unstoppable's website has some videos of things you can do from home and including some by Bryant. He's got some short 10-minute videos of things you can do at home, very easy and lots of other resources and videos and opportunities. We also have lots of virtual fitness events of all different kinds that you can check out. And hopefully we'll get another opportunity sometime to workout with Bryant in the coming months.

Bryant Johnson:

You know what's funny, Michelle?

Michelle Stravitz:

Yeah.

Bryant Johnson:

That you tell me that (name removed) was just a picture.

Michelle Stravitz:

So when people turn off their videos, some of them it shows a picture. But he's not sitting still, I'm sure they're moving. I'm sure they're moving in their house. Also, in this book but lots of other ways, if you just get a resistance band there's a lot you can do and that's considered like weight-bearing because it's ... Oh, I see somebody walking while they listen. That's weight-bearing because it's also resistance exercises. So there are so many things you can do from home. So I really appreciate everything. Now I have one more question for you but then we have a lot of questions that have come in in advance as well as in the chat. And Ellen is going to help us out with those. I do have one more question for you. 2Unstoppable is all about inspiration and support, who inspires you?

Bryant Johnson:

Believe it or not, I get inspiration every day and I never know where it comes from. When we first met and you told me about your organization, I got inspired by that because that inspired me to want to help more. I remember I was inspired by someone who told me one time that, I get messages on Instagram, someone said, matter of fact, there's one person he's called The Grandpa Vegan or Vegan Grandpa. And he sent me a message, I remember sending him a shirt a couple of years ago, and he told me that he was going through chemotherapy for some form of cancer and he said the book is really helping him to get stronger and for him to really, it's helping to give him direction. That inspires me. I'm inspired by Justice Ginsburg, just her tenacity and how she really accepted exercise and realized that that is a very important part of her life. That inspires me.

I'm inspired by my girlfriend who shows up and gives me support whenever I may be cranky, irritable, and moody. I'm inspired by people doing what they got to do. So there are many things that inspire me but most of all it's just everyone just showing up and just doing something. Being able to be on this platform and being able to try to inspire people to help themselves is, every time I'm always surprised by getting a message from somebody saying how this book helped them or how they were able to do this. So there's not one person but I can say that my grandmother has been very instrumental, she's no longer with me, but she's always with me in spirit. And so if you get the book, you'll hear me quote my grandmother as if my grandmother is still alive. She was deaf but she spoke very well but she just couldn't hear and I was raised by a deaf woman. And so when you're raised by a deaf woman, you don't

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have really time for small talk. And so me being raised by her really prepared me for Justice Ginsburg, a woman who doesn't like small talk.

So I'm like, "You don't want to talk? I ain't got to talk either. Let's just do this work." So I hope that answered your question a little bit.

Michelle Stravitz:

Yeah. That's beautiful. Thank you. Ellen, we'd love to hear what questions people have from the audience.

Ellen Kleinhaus:

Terrific. So I just want to also add that, in addition to all the amazing videos that Bryant has prepared as well that you can find on the website, Sharsheret also has in our Thriving Again kit in healthy living resource on our website, we also have some great videos so you can mix it up and do a bunch of each one because I know sometimes people like to change things and change it up and make a difference. And again, also look in to our Team Sharsheret program where you can get friends and family moving with you and it'll make it a bigger and more fun experience. But thank you, Michelle and Bryant, everyone loved it. We got lots of great comments on this side in the chat and I have a couple questions I would love to ask each of you.

So I guess first, Bryant, we're talking about all these great exercises and suggestions that people can do at home whether they have equipment or don't have equipment. One of the questions that kept coming in is, how often should women or people in general, how often should they exercise?

Bryant Johnson:

If you're going to be doing strength-bearing exercises, I recommend no less than twice a week. Strength-bearing exercise, I keep hinting, strength-bearing exercises no less than twice a week. Cardio you can do three times. Okay, guess what? Let's mix it up. Let's do cardio twice, let's do strength training twice, let's do some stretching. Have a day just to stretch. Weekends you ain't got to do anything. Five days a week, it's whatever, but I recommend more than anything else two days of strength-bearing exercises, no less than two.

Ellen Kleinhaus:

Great. And I know-

Michelle Stravitz:

Sorry, I just want to share that some people going through treatment or shortly after treatment find some of the numbers whether it's saying you have to do it twice a week or saying that you have to do this many minutes a week, it can feel intimidating. And we want you to know that every two minutes counts. So if you can't do 150 minutes a week, which is a number that is typically recommended for the general population and also used for a lot of the studies, two minutes at a time counts. Every single bit that you move counts. So keep going and you'll find that you're able to build up to those numbers. So your goal should be at least twice a week with the strength training and then also doing cardio. But if you can't do two, don't do zero because you can't do two. Do whatever you can do. It all adds up and as you start doing it, you'll find that you want to do it more and more and it becomes a priority.

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Ellen Kleinhaus:

That's great. I love that suggestion. Great motivation. Bryant, also so I know you recommend the resistance band or a water bottle or whatever you have at home, a lot of people don't have equipment at home especially during this time that we're all currently facing. What are some suggestions? I know you suggested the resistance bands but what are some good things to have at home if you can get them very easily? And also what are some things that I guess you can use as you did the water bottle that can replace those types of items?

Bryant Johnson:

Right. So your body weight is just as good. But wait a minute, hold that thought. Wait, wait. I'm not going anywhere. Hold it, hold it, wait just a little bit. I know right. All right. You see this right here? Milk. It's about a gallon of milk. So guess what? As you can see it's Lactaid so anyway.

Michelle Stravitz:

You fit right in with this crowd, Bryant.

Bryant Johnson:

I know right, Lactaid. You get this, you fill this up. Okay, guess what? This is going to give you a good eight pounds. Okay so guess what? Use that. But your body weight is just as important because if you sit down, stand up 10 times, guess what? That's a weight-bearing exercise. Okay, guess what? You're holding this gallon of milk right here and then you stand up and sit down eight times, guess what? That's weight-bearing exercise. Wait a minute. You stand up, then you go halfway, then just hold it for a moment, then you just go like this. Now for some of you who don't like milk, you can do the same thing with wine. You the reason to drink that wine, put in that workout. But there's so many body weight exercises that you can do even a simple exercise, it's not simple, it sounds simple.

I remember I told my mother I need for you to be able to get all the way down on the floor, lay down on the floor and then I need for you to get up off of the floor, any way you can. That will work just about every muscle in your body. If you get down on the floor and lay down and then get all the way back up. We don't do that anymore as adults. Kids you see them all the time they're on the floor, falling, flipping around. The last time you laid down in the floor is when you fall. Well, you don't need to know how to get up then, you need to practice those muscles so that expends a lot of energy just going down to the floor and getting up off of the floor. You have steps in your house, if you do have steps in your house, guess what? You can go up one step at a time, go up two steps at a time. Okay. You can do things with this, "Hey, guess what? I can do some curls. Guess what? Triceps. Guess what? Hold this glass of water out here." Count to 25, switch.

If you can't count to 25, count to 10. Guess what? There's so many ways. Wait a minute. I'm going to work their absolutely. Stand up, squeeze it tight, squeeze, squeeze, squeeze. Not squeal like a pig, but squeeze. Relax. Next question.

Ellen Kleinhaus:

Oh my God.

Bryant Johnson:

Sorry.



## RGB's Personal Trainer Bryant Johnson in Conversation with Michelle Stravitz from 2Unstoppable

Ellen Kleinhaus:

Good. No, that was great. Thank you. So somebody actually just asked, I know you were standing up and you were pulling in your core. So we do have some women who undergo surgery or have different medical situations where they can't necessarily pull in their core or do, let's say, push-ups. What are some other exercises that they can do instead of I guess wall push-ups and floor push-ups?

Bryant Johnson:

Well, for example, the mere fact that you sat down in a chair and you stood up, you realize that actually works your core? And so your core, I'm going to show you, wait a minute. All right. Just because this is not just your core, your core starts from here all the way down to the top of your knees and all the way around, not just your abdominal muscles. So the muscles of sitting down and standing up is working the core. If you can't shrink all the way in, that's okay. You just give me what you can. What you need to do is you find out what you can do and then you build on that. Notice I said find out what you can do. I don't care what you can't do. Find out individually what you can do. And once you know what you can do, you build on that. The heck with what you can't because once you mastered what you can, can't will go away. How's that?

Ellen Kleinhaus:

Perfect. Thank you.

Michelle Stravitz:

I also want to let everyone know that if you have, just had a surgery or radiation or those kind of things, some people need to do some physical therapy in between after they've done, they've had their treatment, they need to do some physical therapy that'll help you build up the strength and recovery in order to do certain types of exercises. So if your doctor hasn't told you that's an option for you, you should ask because often we need that recovery period with physical therapy. So depending on your circumstances.

Bryant Johnson:

Yes, yes, yes.

Ellen Kleinhaus:

And obviously always consult your medical professional before you try anything that's being suggested tonight. Please, please, please.

Bryant Johnson:

Please, please, please.

Ellen Kleinhaus:

Please, please. So I'm not sure who the right person is for this but a lot of the women are calling in from all over the country and they're looking for personal trainers. Is there a central place that they can look them up and obviously try and vet them out? I guess, Michelle, maybe that's for you.

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Michelle Stravitz:

Great question. So yes, in fact, one of the things that many people don't know and I didn't know this until after I founded 2Unstoppable is that there are actually personal fitness trainers who are specifically trained in oncology fitness. So there are several certification organizations in this country that provide oncology certification for fitness. There's also a specific type of training in the yoga world. So there's something called Yoga for Cancer. There's a specific kind of training in the Pilates world, there's something called Pink Ribbon Pilates. So these are fitness professionals in various types of modalities that are specifically trained to work with cancer patients and survivors. And I do highly recommend that you seek out someone who is trained in that especially at the beginning. We found that often women will go to a gym where the fitness professionals are not trained or not familiar and they might say, "Well, I've got lymphedema or I have cording or I have something from my radiation or I have whatever it is and I have neuropathy."

And if the trainer doesn't know what that is, that is often very intimidating and scary for the patients. So you can find all kinds of information on these certifications and how to find a trainer on 2Unstoppable's website under Resources. We have a whole section on that explaining the certifications and then each type of certification has a directory. So you literally can put in your zip code and find someone in your area. The silver lining of COVID is that they actually don't need to be in your area at this moment and a lot of these trainers are working virtually. So they're able to provide classes and personal training from a virtual setting whether it's Zoom or some other format. So you can find someone in your local area, you can also find someone anywhere in the country but there's a lot of ways to find oncology certified professionals. And if you need help, email us at 2Unstoppable. Bryant, any other suggestions?

Bryant Johnson:

When you get a personal trainer, treat it just like you're shopping for a car. Just because that person's this, you got to make sure that you mesh. Don't feel like you're obligated to be with that trainer if you don't feel comfortable and you're not a perfect match. Okay. You can shop around and remember that person's going to be guiding you so you got to trust and believe them. If you don't feel confident in that person, then guess what? Move it on and pick somebody else.

Michelle Stravitz:

Thank you, Bryant. Good advice.

Ellen Kleinhaus:

All righty. Thank you. Okay. One other question as I know you talked a lot about motivation. But we have some women who are undergoing chemotherapy who some days it's great and it's much easier to get out of bed and other weeks where it's much more challenging for them. What do you suggest as a way to motivate them to get out of bed when they're feeling a little better to do some type of exercise like you said whether it's even just passing a water bottle from one hand to the other? What would be your motivation for them?

Bryant Johnson:

My motivation to them would be just show up. Show up and do something. I remember someone had asked me a question at one of our talks, Michelle, and the person she was a nurse or she had just finished chemotherapy and she says, "I know that exercise is good for me but sometimes I'm just not

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motivated." And I remember her question and it just came to me and I asked her as I asked everyone else, I says, "When you're going through chemotherapy and you're going through radiation, I have been told that you can feel fine and when you come out of it you feel like garbage. But yet you do it. And then you show up again and you go through that same treatment and you come out feeling worse than you went in. And you continue to do that." And so my question to her was, "Why did you do that?" "Because I know that's what I needed to do." I said, "So then what was your question again to me?"

My question to people is is that you got to realize that you can't let that prison anchor hold you down. You must activate that elevation anchor and by doing that look at where you came from. Take this moment, don't worry about yesterday because yesterday's gone. You can't do nothing about it. You can look back on it and say, "All right, can't do nothing about it." Tomorrow never comes. You can only deal with right now. Nike says just do it, I say just show up because in order to do it, you got to show up. If you can't do a whole bunch of exercises, so what. Even if you just think about doing something, okay mentally, you've shown up. So hopefully next time, you may just mentally show up and you may mentally stand up. If that's all you can do, well then daggone it, just give me what you got because that's all that I want. That's all that you want for yourself.

You have to take control of it. Okay, it's not the situation and letting the situation control you, you control the situation. If you made it this far, you can make it a little bit further. And if you need more help, then hey, I'm not hard to find. Shoot me an email, shoot me a text, hit me on IG, be like, "Bryant, I feel like garbage. I can't do this." I says, "Wait a minute. You just told me that four-letter word? Okay, tell me what you can do. Okay. That's what you can do, then do that." If you wake up a day and you can't do anything, well then guess what, don't do anything, okay? But think about doing something, try it.

Michelle Stravitz:

Isn't he amazing?

Ellen Kleinhaus:

I feel like I'm going to go run a marathon tomorrow, if I only knew how.

Michelle Stravitz:

I do want to add to that although it's kind of hard to follow that act. I do want to add that one of the mantras that I want to remind everyone as you're recovering, as you're going through treatment, I've been there, I get it. Be patient with your body. Be patient with your body. It does take a lot out of you and there may be days when you can't do something or you aren't finding a way to do something, I don't want to say can't. But the next day is another day and you might be able to that day. So be patient with your body, it will come back. I can tell you that when I personally started doing some exercises with weights, I was taking, I remember taking some bar classes and you do things with small weights in your hand. My muscles after chemo, there was nothing left of my arm, there was nothing. And I was doing the exercises with no weights in my hand. I was just my bare arms was all I could do.

And slowly, slowly and slower than I wanted, I worked my way up. And Bryant's always reminding me that I have to keep increasing it in order to impact my bone density. So be patient with your body, it does come back. And I do want to let everyone know in case your doctor hasn't told you this that exercise is actually considered the best treatment for fatigue, for cancer-related fatigue. Exercise is the best treatment for cancer-related fatigue. So if you think you're too tired, give it a try. It might actually give you the energy you need to keep going.

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Bryant Johnson:

Can I add one part on to that?

Michelle Stravitz:

Sure.

Bryant Johnson:

Would everyone, I just want you to figure out one thing. In order to motivate yourself, ask yourself what's your why. Just ask yourself. What's your why? Why should you exercise? Okay. Why did you go through chemotherapy? why did you go through radiation? Once you answer that simple what's your why, that should be your motivation.

Michelle Stravitz:

That's great. I can tell you that for me my why was after attending lots of webinars including some from Sharsheret on moving into survivorship but also some on nutrition, emotional well-being, all kinds of things about, oh, one on chemo brain. Every single one of them regardless of the topic, told me to exercise. Every class I went to, every webinar I attended, every session told me to treat that with exercise and that was what got the fire under my belly.

Ellen Kleinhaus:

Great. Thank you. Thank you, Michelle and Bryant, really, really for sharing your expertise. This was great. We are so grateful. I just wanted to share with everybody out there another poll is going to pop up on your screen so please complete it. Please remember Sharsheret is here for you and your loved ones during this time. We have emotional support, psychosocial support, mental health counseling. We offer that for free, at no cost, completely private, one-on-one. Sharsheret's phone number is 866-474-2774, you can call us from anywhere in the country and you can also email [clinicalstaff@sharsheret.org](mailto:clinicalstaff@sharsheret.org). Our social worker, genetic counselor is available. Everything is ready for you. You are our priority. Your health and your well-being and we are all going through this together.

We're planning several other webinars including an exercise series for the next two Sundays. I think we're going to post that information in the chat. If not, it's on the main page on our website. You will also receive an evaluation after today's webinar, please share your feedback and let us know what other topics you would like to be addressed. One last reminder, we've had amazing suggestions from Michelle and Bryant, very motivating, very insightful, and really I think you have a great message to everyone who came on tonight. But please also still consult your medical provider before making any modifications to your routine. I know if you have any other questions, we can reach out to Michelle and see if we can get them answered. If anything wasn't answered in the chat, we will follow up and we will get you everything you need.

So thank you again everyone, really, Michelle and Bryant, this really was a very special night for so many people. So thank you for joining us and giving us a piece of your time. And everyone have a great night.

Michelle Stravitz:

Keep moving in 2020 everybody.

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Bryant Johnson:

Thank you so much everyone. I am humbled and honored and I hope that I helped make a difference with you. Thank you. Keep moving. Just show up and do something.

Ellen Kleinhaus:

Goodnight everyone.

Bryant Johnson:

Night.

## About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret’s Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

### The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

### Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

## Disclaimer

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