**Curriculum Vitae for Nancy Litterman Howe, M.S., C.E.S.  
Founder, Strong Cancer Recovery   
501(c)3 non-profit organization**[**www.StrongCancerRecovery.org**](http://www.strongcancerrecovery.org/)

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**Areas of Interest**

1. Exercise as a therapeutic modality for cancer.
2. Everett Rogers’ Diffusion of Innovations theory.
3. Oncologists’ perception of making an exercise recommendation during treatment consultations.

**Education / Certifications**

**Cancer Exercise Specialist. 2014**

Cancer Exercise Training Institute (CETI). Instructor: Andrea Leonard.

**Program Director, FitSTEPS for Life™. 2013**

Cancer Foundation for Life, FitSTEPS for Life™ Dr. Gary Kimmel. Tyler TX.

For detailed information, refer to publications co-authored by Barbara K. Haas, PhD, RN and Gary Kimmel, M.D. Short titles of these articles are:  
Incorporating Exercise into the Cancer Treatment Paradigm, *Clinical Journal of Oncology Nursing*, Dec 2016. doi:10.1188/16.CJON.S2.17-24.

Randomized Clinical Trial Effectiveness of FitSTEPS for Life™, *Journal of Oncology Practice*, Nov 2012. doi:10.1200/JOP.2012.000555.

**C.E.S. University of Northern Colorado. 2012**

Cancer Exercise Specialist. Rocky Mountain Cancer Rehabilitation Institute.

**M.S. Arizona State University. 2005**

Exercise and Wellness. 3.8 GPA.

**Health Promotion Director. 2003**

Cooper Institute, Dallas TX

**B.A. University of California, Berkeley. 1976**

Economics. Graduated with Honors.

**B.S. University of California, Berkeley. 1976**

Natural Resources. Graduated with High Honors.

**Grants, Honors, Awards**

2007 Grant: St. Luke’s Health Initiatives, $18,000 to Cancer Workout Center’s “Train the Trainer” program in partnership with Mountainside Fitness, Phoenix.

**Academic Publications**

Ginossar, T.,Larkey, L.,**Howe, N**., & Goel, N. Coping with women’s cancer and perceived providers’ support: Does type of cancer make a difference? *Online Journal of Communication and Media Technologies*. 2015: 5, 1; 41- 56.

Young, W.F., Montgomery D., Nycum, C., Burns-Martin, L., Buller, D., (**Howe, N. ed**.) Web-based technical assistance and training to promote tobacco control policy change. *Health Promotion Practice Journal*. Jan 2006.

**Howe, N**., Swan, P., Training obese clients: examining our assumptions. *American College of Sports Medicine Health and Fitness Journal*. Nov/Dec 2003.

**General Interest, National Publications**

**Howe, N**., Dec 2017. Managing Lymphedema Associated with Breast Cancer. *Conquer Magazine*.

**Howe, N**., Dec 2016. Sex and Intimacy for Breast Cancer Survivors: During Treatment and Beyond. *Conquer Magazine*.

**Howe, N**., Dec 2016. Confusion May Be the Biggest Obstacle to Exercise. *Conquer Magazine*.

**Howe N**., Feb 12, 2016. My Turn: Cancer Patients Must Demand Exercise*.* *Arizona Republic Newspaper*.

**Howe, N**., Northfelt, D. May/June 2015. A Prescription For Exercise. *Coping With Cancer Magazine.*

**Howe N**., Nov/Dec 2000. I Built a Better Body After Cancer. *Coping With Cancer Magazine.*

**Howe N**., May/June 2000. Exercise and Cancer Rehabilitation. *Oncology Issues.*

**Howe N**., July 2000. *Canswer*, 2nd Edition. Varian Medical Systems. Palo Alto CA.

Dec 1999. *Canswer*, 1st Edition.. Wellness Community of Central Arizona. (A 25-page book containing suggestions for coping with cancer treatment and recovery.)

**Howe N**., June 1999. Secret to My Success: Fighting Cancer in the Gym. *Prevention Magazine.*

**Howe N**., June 1990. Run Nancy Run. .

**Academic Presentations**

Ginossar, T., Larkey, L.K, & **Howe, N**. Cancer-Related Uncertainty Management and Patient-Provider Communication: Exploring Perceptions of Women with Breast Cancer and Ovarian Cancer. Presented at the Western States Communication Association conference, Denver, CO (2008, February).

**Howe, N**., Larkey, L.K., Ginossar, T. Dissimilar Journeys: Comparing Diagnostic Trajectories Between Breast and Ovarian Cancer Patients. Poster presentation, American Psychosocial Oncology Association conference, Irvine, CA. (2008, February).

**Howe, N.,** Larkey, L.K. Ginossar, T. Differences in Trajectories of Diagnosis Between Ovarian and Breast Cancer Patients. Abstract presented at University of Arizona, College of Medicine, Scientific Symposium, Tucson, AZ (2006, March).

**Cancer Education Presentations**

2019 February 23: Mayo Clinic AZ, Living With & Overcoming My Cancer: A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise to Enhance Strength & Healing.” Two sessions.

2017 January 27: Mayo Clinic AZ, Faculty. Clinical and Multidisciplinary Hematology and Oncology 2017. “Exercise as a Treatment for Breast Cancer.”

2017 January 21: Mayo Clinic AZ, 8th Annual Living with Cancer:  A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise to Enhance Recovery.”

2016 November 12: Mayo Clinic AZ, Faculty. Clinical and Multidisciplinary Breast Diseases 2016. “Exercise as a Treatment for Breast Cancer.”

2016 November 10: Non-Hodgkins Lymphoma Support Group, Ironwood Cancer Center, Scottsdale AZ. “Overcoming Obstacles to Exercise.”

2016 October 26: Mayo Clinic AZ, Breast Cancer Support Group. Facilitator: Brenda L. Allen MSW LMSW OSW-C, Mayo Clinic AZ.

2016 October 21: Scottsdale Leadership. HonorHealth, Scottsdale AZ “Your Chair is Killing You: The Risks of Sedentary Behavior.”

2016 June 2: Mayo Clinic AZ, Phoenix Hospital Grand Rounds: “Cancer Awareness.”

2016 April 6: Valley of the Sun Jewish Community Center, Scottsdale AZ. “Mind, Body, and Spirit in Action, Moving into Health & Happiness.”

2016 February 6: Cancer Support Community. Phoenix AZ “Strengthening Your Recovery.”

2016 January 17: Mayo Clinic AZ, 7th Annual Living with Cancer:  A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise to Enhance Recovery.”

2016 January 16: Mayo Clinic AZ, 7th Annual Living with Cancer:  A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. Featured Speaker, Breast Cancer Break-out Session.

2016 January 9: Scottsdale Leadership. HonorHealth, Scottsdale AZ. “Advances in Cancer Research.”

2015 October 31: National Colon Cancer Alliance Annual Meeting. Phoenix, AZ “Exercise for an Enhanced Recovery.”

2015 September 26: Coalition of Blacks Against Breast Cancer. Phoenix AZ  
“Annual Celebration.”

2015 September 19: Susan G. Komen Central and Northern Arizona Chapter. Phoenix AZ “Empowerment Symposium.”

2015 May 21: American Cancer Society, Cancer Support Community, and Mayo Clinic AZ. “American Cancer Society Mayo Clinic AZ Hope Lodge Series.”

2015 March 21: Arizona Myeloma Network. 9th Annual Living with Myeloma Conference. Scottsdale AZ. “Exercise for a Strong Recovery.”

2015 February 6: Phoenix Surgical Society 43rd Annual Phoenix Surgical Symposium. Scottsdale AZ. “Benefits of Exercise for Breast Cancer Survivors.”

2015 January 24: Mayo Clinic AZ, Faculty. Clinical and Multidisciplinary Hematology and Oncology 2017. “Benefits of Exercise for Breast Cancer Survivors.”

2015 January 11: Mayo Clinic AZ. 6th Annual Living with Cancer:  A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. “Exercise for a Strong Recovery.”

2015 January 10: Mayo Clinic AZ. 6th Annual Living with Cancer:  A Mayo Clinic Symposium for Cancer Patients and Their Loved Ones. Featured Speaker, Breast Cancer Break-out Session.

2009 September: The Wellness Community of Central Arizona and St. Joseph’s Hospital, Phoenix AZ. “Exercise Benefits for Cancer Survivors.”

2007 January: Cancer Workout Center Friday Night Cancer Fight, Phoenix AZ   
Keynote Speaker.

2006 June: The Wellness Community of Central Arizona. Phoenix AZ. National Cancer Survivor Day. Keynote Speaker. “Hope and Recovery.”

2003 April: Virginia G. Piper Cancer Center, Scottsdale Healthcare. Scottsdale AZ. Serenity in the Desert Retreat. “Muscle Strengthening for Cancer Survivors.”

2002 March: Scottsdale HealthCare Hospital Librarian Series, Scottsdale AZ. “Exercise and Cancer Survivorship.”

2001 August: National Cancer Survivor’s Speaker’s Bureau Event, co-sponsored by Phoenix Country Club and Xavier Highschool Mother/Daughter Association. “Building Strength, Building Character.”

2000 October: Televised interview with Lin Sue Cooney, “12 News,” Channel 12 News, Phoenix, AZ. Discussed the success and reprinting *Canswer* authored by N. Howe.

2000 January: Televised interview with Marty Velasco Hames, “Good Morning Arizona,” Channel 3 News, Phoenix, AZ. Announced publication *Canswer*, authored by N. Howe, and Howe’s win of the NPC, national, drug-free, bodybuilding competition as a 45-yr-old cancer survivor.

**Chronology of Employment**

**2017 – date          Arizona State University,   
                              College of Nursing and Healthcare Innovation**

Project Coordinator, Recovery and Rejuvenation Study  
Supervisor, Dr. Linda Larkey. Responsible for tasks associated with intervention cohorts, coordination with community-based organizations, participant management, and data collection.

**2012 – 2016         Strong Cancer Recovery, a 501(c)3**

Founder

**2009 – 2012         McDowell Sonoran Conservancy, 501(c)3**

Project Coordinator and Office Manager. Scottsdale AZ

**2009                      Scottsdale Healthcare**

Independent Contractor*:*Tai Chi Easy Certification Workshop.

**2006 – 2008         University of Arizona, Arizona Cancer Center**

Grant Project Manager for Dr. Linda Larkey. Responsible for management of qualitative and quantitative research data for grant: *Women Coping with Cancer*, 1-year. Responsible for administrative and research coordination for grant: *Rejuvenating Movement for Breast Cancer Patients*, 3-year. Contributed to peer-reviewed, refereed journal article and academic presentations (detailed below).

**2005 – 2008**         **Cancer Workout Center, Inc**., **501(c)3**

Director of Operations: Author and project manager for $18,000 grant from St. Luke’s Health Initiatives, Phoenix AZ. Established partnerships with Mountainside Fitness and Scottsdale Healthcare’s Virginia G. Piper Cancer Center.

**2004 – 2005         Arizona State University, Exercise & Wellness MS Program**

ASU Wellness Partner with Healthy Avondale (ADHS grant, $360,000).

**2003**                     **Cooper Institute**, **Dallas/Denver**

Intern, Health Communications.

**2002**                        **Arizona State University, Exercise & Wellness MS Program**

Instructor/Facilitator for ASU staff’s voluntary weight-management group.   
Instructor for ASU EXW 105 (Weight training).

**1999 – 2001            Phoenix Country Club**

Personal trainer at Phoenix Country Club member fitness center.

**1976 – 1999             Information Designer, Software Development**Companies included Informix Corporation, Legato Systems, Motorola Corporation **Environmental Economist**California Department of Justice,California Public Utilities Commission

**Community Leadership**

2016 – 2017           Scottsdale Leadership, Class XXXI

2016                     Ms. Senior Arizona, second place runner-up.

                            Talent: Advocacy talk about personal experience with cancer

2003 to date         McDowell Sonoran Conservancy

                            Core Leadership Team Chair, MSC Board Member, 2013-2014

2003 – 2014         Shalom Center, Temple Chai. Grantwriting

1999 – 2006         National Cancer Survivors’ Day Speakers Bureau

**Athletic Achievements**

NGA 2000 Pro Universe Natural Bodybuilding Championship, NYC. October 2000. 6th Place Woman Overall (International Competition).

NGA 2000 Western American Natural Bodybuilding Professional Qualifier, Tucson. April 2000. 1st Place Woman Overall. 1st Place Woman Heavyweight.   
1st Place Woman Master.

INBF 2000 Best of the West Natural Bodybuilding Professional Qualifier, Tucson. April 2000. 2nd Place Woman Heavyweight. 1st Place Woman Master.

NPC 1999 Western Regional Bodybuilding Championship, Phoenix. November 1999. 1st Place Woman Overall. 1st Place Woman Middleweight. 1st Place Woman Master.

Running: Multiple wins in California and Arizona 10K and half-marathon road races 1982-1991, including Modesto CA half-marathon, 1st Overall Female, 1989.

**References**

**Dr. Donald Northfelt**. Associate Medical Director of Mayo Clinic Arizona’s Breast Clinic. Chair of the Medical Board of Strong Cancer Recovery. Sponsoring Mentor for Mayo Clinic Research Associate position for Nancy Howe. Contact: [Northfelt.Donald@Mayo.edu](mailto:Northfelt.Donald@Mayo.edu). Mayo Clinic, Breast Clinic: (480) 342-2000.

**Linda Larkey, PhD. Professor,**College of Nursing and Healthcare Innovation, Arizona State University. Mayo Clinic Adjunct Faculty; Senior Sustainability Scientist, Julie Ann Wrigley ASU Global Institute of Sustainability. Contact: [Linda.Larkey@ASU.edu](mailto:Linda.Larkey@ASU.edu). ASU: (602) 496-0740