TOOLKIT – advocacy letter for politicians and administrators – from patients

Dear \_\_\_\_\_,

I am writing to you today to discuss the critical role that exercise plays in cancer care. I know that you are committed to improving the health and well-being of Canadians living with cancer, and I believe that supporting access to exercise programs for individuals living with and beyond cancer should be a top priority.

Cancer is a devastating disease that affects millions of Canadians each year. In addition to the physical toll that cancer takes on the body, it can also have a significant impact on an individual’s mental and emotional health. Exercise is an evidence-based effective tool for managing the physical and emotional side effects of cancer, and improves overall quality of life.

Studies have found that exercise can help reduce fatigue, improve sleep, and boost the immune system in individuals living with and beyond cancer. Exercise can also help manage the side effects of cancer treatments, such as nausea, pain, and neuropathy. In addition, exercise has been shown to be an effective tool for managing anxiety, depression, and stress for individuals with cancer.

YOUR STORY HERE – this is where YOU can add in what exercise has meant for you. Feel free to personalize and edit this…”For myself, exercise has provided symptom management and improved my quality of life. I participated in the X program (during treatment/after treatment), and found xxx. I believe exercise must be part of supportive cancer care resources for all individuals living with and beyond cancer.”

Despite these many benefits of exercise for cancer patients and survivors, many individuals are unable to access or afford exercise programs. This is particularly true for patients who live in rural or remote areas, or those who are unable to travel to a gym or fitness center. I believe that it is our responsibility to ensure that all Canadians have access to the resources they need to manage their health and well-being.

I urge you to support initiatives that provide funding for exercise programs for individuals living with and beyond cancer, particularly those in underserved communities. By making exercise more accessible to individuals during and after treatment, we can improve their quality of life and help them manage the physical and emotional challenges of cancer.

Thank you for your attention to this important matter,

Name

Designation (patient, researcher, clinician)

Contact info  
If you would like to speak to the team about bringing exercise to individuals with cancer across Canada – please reach out to Dr. Nicole Culos-Reed at [wellnesslab@ucalgary.ca](mailto:wellnesslab@ucalgary.ca) or see their work at [www.thriveforcancersurvivors.com](http://www.thriveforcancersurvivors.com)