

Are you interested in a FREE, SAFE, and EFFECTIVE exercise research program that you can join from your own home?

The EXCEL exercise program

- Is delivered either online or in-person
- Is instructed by **trained** fitness professionals
- Includes evaluations pre and post-program, as well as during follow-up, to examine the potential impact of exercise on fitness and patient-reported outcomes

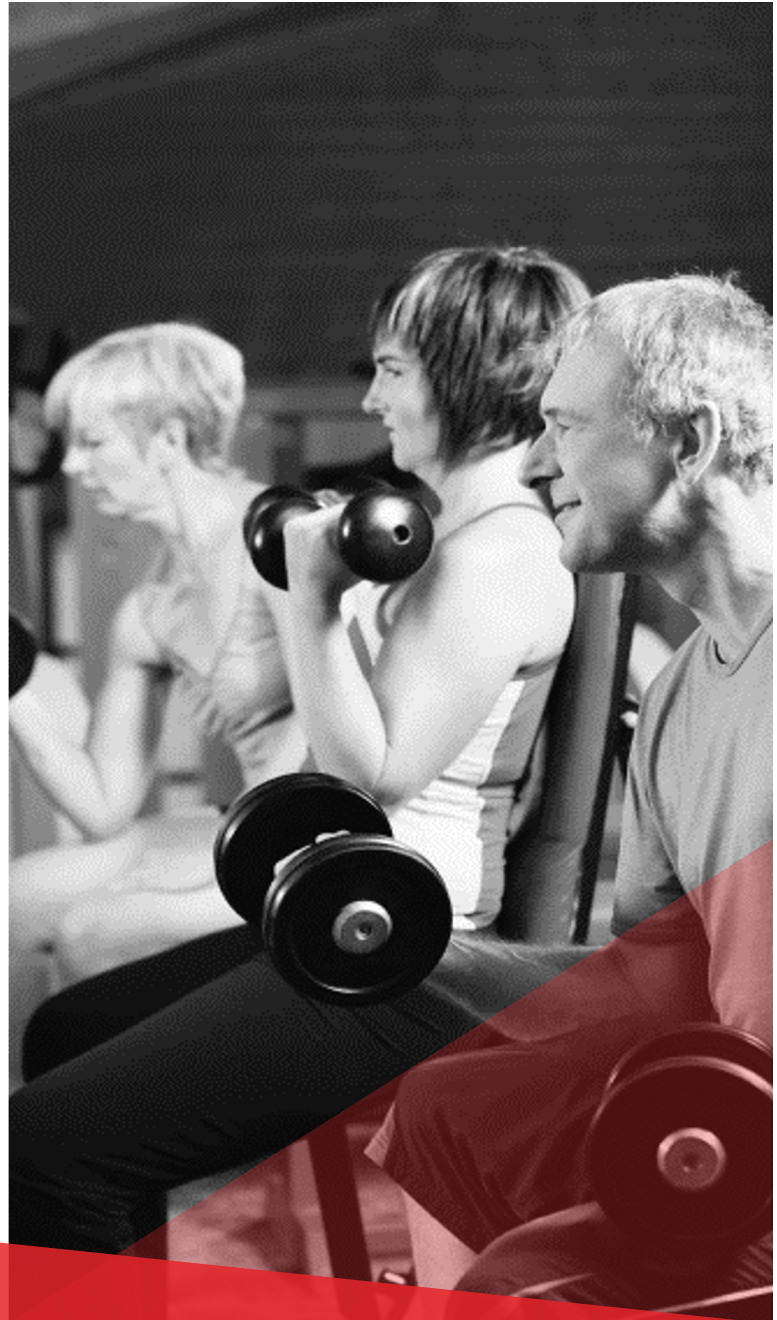
Contact us **TODAY** to learn more and register for our classes!

Protocol #: 00040553

If you would like more information, please contact the EXCEL Ontario team at:

Email: excel.ontario@utoronto.ca

Webpage: www.thriveforcancersurvivors.com



Scan for more info:



Funded by:



Canadian Institutes of Health Research
Instituts de recherche en santé du Canada



Canadian Cancer Society



Alberta Cancer FOUNDATION



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab



UNIVERSITY OF TORONTO