

CONTACT INFORMATION

Email: excel.ontario@utoronto.ca

Webpage:
www.thriveforcancersurvivors.com

Please let us know if you are interested in joining EXCEL exercise classes.



Exercise Prescription

Based upon a current review of the health status of:

Name

I recommend they register for the EXCEL program by contacting the Ontario Central Hub:

excel.ontario@utoronto.ca

Healthcare Professional:

Name

Date: _____



WHAT IS EXCEL?

EXCEL is the **EX**ercise for **C**ancer to **E**nhance **L**iving **W**ell study. This study provides an exercise program to Canadian cancer survivors in rural and remote areas.



Funding for this study provided by:



Canadian Institutes of Health Research
Canadian Cancer Society

Instituts de recherche en santé du Canada
Alberta Cancer FOUNDATION

DID YOU KNOW?

Exercise for cancer survivors can:

- Reduce treatment-related side effects such as fatigue, nausea, and physical pain/discomfort.
- Diminish depression, anxiety, and improve overall quality of life.
- Improve daily function by increasing strength, endurance, and flexibility.

ELIGIBILITY

To be eligible for this study, participants must:

- Have/had a cancer diagnosis
- Be pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion
- Able to participate in low to moderate physical activity
- 18+ years old and able to consent in English
- Have access to reliable internet
- Able to participate in online or in-person classes

STUDY ASSESSMENTS

Participants will complete 2 fitness assessments before and after the exercise program. Each assessment will take approximately 30 minutes, will be assessed either in-person or online through a secure video-conference platform, and will include:

- Medical history and demographic information.
- 2-minute step test to assess aerobic fitness
- Muscular endurance tests
- Core and shoulder flexibility test
- A standing balance test
- Height and waist measurements
- Questionnaires to assess individual symptoms, quality of life, and physical activity levels. Questionnaires will be completed at baseline, after the exercise program, 24-weeks, at 1 year, and annually for up to 5 years.

FAQs

HOW LONG IS THIS STUDY?

Participation in this study includes an 8- or 12-week exercise program (depending on the program offered in your area), 2 fitness assessments, a series of questionnaires completed four times throughout the year, and follow-up questionnaires annually for up to 5 years.

HOW MUCH DOES IT COST?

There is no cost associated with enrollment in this study; however, participating at some partnering facilities may result in indirect costs such as parking fees.

HOW MANY PARTICIPANTS WILL BE INVOLVED?

A total of at least 1500 cancer survivors from across Canada will participate in this study. Participants can either self-refer or be referred by their healthcare provider to EXCEL for screening, testing, and program participation.

WHAT ELSE SHOULD I KNOW?

If you would like more information about the EXCEL study as a potential participant, please email the Ontario project coordinator (see contact information).

This study has been approved by the University of Toronto Research Ethics Board. Protocol #: 00040553