**EXCEL Exercise Oncology Advocacy: Conversation Prompts for Health Care Providers**

Your name + date: ­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name(s) and title(s) of individuals you met with:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you for your time to discuss the Exercise for Cancer to Enhance Living Well (EXCEL) Study with me.

**What is the EXCEL exercise oncology study?**

* EXCEL offers a **free, 12-week cancer-specific exercise program** for all individuals on or after cancer treatment. Classes are delivered online through Zoom, which allowed me to attend from the comfort of my home. There are also in-person classes available.
* Instructors are **cancer exercise specialists** who provided me with education to support me in being more physically active and they tailored the exercises to each of our individual abilities. I have personally experienced many physical, emotional, and mental health benefits from EXCEL.

**PART 1: Benefits of Exercise Oncology**

1. **ASK:** Are you aware of the benefits of exercise for individuals with/beyond cancer? Have you referred patients to exercise programs such as EXCEL?
   1. Share personal benefits from EXCEL/exercise (physical, mental, symptom improvement)
   2. What do you see as the value (and challenges) of regular exercise as part of the cancer journey?

**NOTES (questions/comments raised by contact)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PART 2: Importance of Exercise Oncology in Cancer Care**

1. **ASK**: What **challenges do you face** for providing your patients with info about exercise and EXCEL?
   1. How can we support you to talk with your patients/co-workers about exercise and EXCEL?

To support exercise in cancer care, a CEP – Clinical Exercise Physiologist – is crucial. They help patients learn more about exercise, perform safety screening, and refer to exercise programs to address individual needs.

1. Do you think **CEP support would be helpful** for you to refer your patients to exercise?
   1. IF YES: provide advocacy letter (printed/emailed) to send to their HC system, politician, other

**NOTES (questions/comments raised by contact)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PART 3: Final Thoughts**

1. Emphasize the **need for exercise oncology**: No cancer-specific exercise programs available, no exercise professionals in the cancer care team (despite benefits!)
2. Explain why exercise oncology **needs more support from healthcare professionals** (healthcare team opinion is highly valued by patients, influential to promote healthy behaviors)

**ADDITIONAL NOTES/FOLLOW-UP**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Action Items for contact – PROVIDE any further documents (printed or emailed)**

1. **LEARN MORE** about exercise for individuals with/beyond cancer: Brochure with contact, Poster, letters
2. **TALK TO** your patients/co-workers about the value of exercise and how to join EXCEL exercise classes