



EXCEL

EXercise for Cancer to Enhance Living Well



EXCEL is the EXercise for Cancer to Enhance Living Well study. This study provides an exercise program to Canadians living with and beyond cancer.

CONTACT INFORMATION

Physical Activity and Cancer (PAC) Lab

E: EXCancer@nshealth.ca

Ph: 902-473-2035

Web: www.thepaclab.com

Please get in touch to learn more.

Online and in- person programs available!



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Canadian Cancer Society



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Alberta Cancer FOUNDATION

This study has been approved by the Health Research

Ethics Board of Alberta: HREBA.CC-20.0098

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UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab






BENEFITS OF EXERCISE:

PHYSICAL:

-  Decreases fatigue
-  Improves physical function
-  Improves ability to do activities of daily living

PSYCHOSOCIAL:

-  Boosts energy and mood
-  Enhances sleep
-  Increases emotional & social well-being

ELIGIBILITY

To be eligible, participants must:

- Have/had a cancer diagnosis
- Be pre-cancer treatment, receiving treatment, or within 3 years treatment completion
- Able to participate in mild/moderate physical activity
- 18+ yrs old and able to consent in English

STUDY ASSESSMENTS

Participants will complete a fitness assessment 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.
- 6-minute walk test or 2-minute step test to assess aerobic fitness
- Muscular endurance tests
- Core and shoulder flexibility test
- A standing balance test
- Height and weight 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.

FAQ

HOW LONG IS THIS STUDY?

Participation in this study includes an 8 to 12-week exercise program (depending on the program offered in your area), two 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.

WHAT ELSE SHOULD I KNOW?

If you would like to know more about the EXCEL study as a potential participant, please email or call the EXCEL team (see contact information).

WHERE ARE THE IN-PERSON PROGRAMS?

Currently we offer in-person programming in the following communities (in NS), but please contact the EXCEL team (contact information on back) as this list is continuously expanding!

Sydney YMCA, Cumberland County YMCA, New Glasgow YMCA, StudioFit in Truro, Bridgewater YMCA, Acadia University