



Contact Information

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Diane D. - EXCEL Participant

"EXCEL changed my life! It didn't take me long to realize I couldn't live without it. Each week I grew stronger and had more energy. The accountability to the group was so motivating and I never considered missing a class."

Connie W. - EXCEL Participant

"Sometimes it has been hard for me to do things just for me, and this has been a great experience in building self worth. I am proud to have completed this wonderful program."



Project EXCEL:

Exercise for Cancer to Enhance Living Well

This study provides an exercise program to Canadians living with and beyond cancer.

About the Program

A free 8-12-week exercise program, for people undergoing or recovering from cancer treatment, living in rural and remote regions across Canada. This evidence-based program is taught by fitness professionals trained in exercise oncology.

- Classes are delivered either online (via Zoom) or in-person.
- 60 minutes, twice a week
- Offered three times a year: January, April, and September.

Eligibility

To be eligible, participants must:

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



Study Assessments

Participants complete a fitness assessment before & after the exercise program. Assessments take approximately 30 minutes and includes:

- Medical history and demographic information.
- Aerobic fitness test
- Muscular endurance tests
- Core and shoulder flexibility test
- 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.

Why Exercise?

Exercise can improve:

- Sleep and fatigue levels
- Physical function
- Ability to do activities of daily living
- Energy and mood
- Emotional & social well-being

