

EXCEL: An Exercise Program for Rural and Remote Individuals Living with and Beyond Cancer



KEY MESSAGES



- Rural and remote cancer populations continue to face disproportionate barriers to exercise oncology resources.
- Building clinic-to-community pathways through the hub and spoke model supports exercise oncology as part of standard supportive cancer care.
- Building exercise into supportive cancer care will equip individuals with the resources to use exercise to enhance wellness, health, and overall quality of life.



Culos-Reed et al. 2022

<http://dx.doi.org/10.1136/bmjopen-2022-063953>



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The EXCEL Study Includes:

Hub & Spoke Model to connect clinical exercise physiologists in urban hubs to exercise professionals and healthcare providers in rural areas.



Exercise oncology specific training for qualified exercise professionals in rural areas



12 Week, 2x per week group-based exercise intervention (including aerobic, strength, balance, and flexibility exercises)



Online and in-person offerings



Educational webinars to support exercise behaviour change using an **Exercise and Educate Model**



Assessments of program **reach, effectiveness, adoption, implementation, and maintenance**

