



EXCEL is the **EX**ercise for **C**ancer to **E**nhance **L**iving **W**ell study. This study provides an exercise program to Canadians living with and beyond cancer.



CONTACT INFORMATION

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Please get in touch to learn more.



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Canadian
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This study has been approved by the Health Research

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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).

