



## Eligibility

- ☒ Do you have incurable cancer with local recurrence or metastases?
- ☒ Do you have fatigue or difficulties functioning because of cancer and its treatment?
- ☒ Do you live in Edmonton, Northern or Central Alberta?

You may be eligible to participate in a research study examining an exercise and rehabilitation program.

## Contact Information



### Study Coordinator

Chris Sellar, PhD



### Telephone

780-492-6007



### Email

frmace@ualberta.ca

## What ACTIVE - North Participants Are Saying...



Scan the QR code to learn about our participants' testimonials.

HEALTH QUALITY  
COUNCIL OF ALBERTA



2023  
RECIPIENT  
x x x x x



A study of exercise & rehabilitation for individuals living with advanced cancer



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Alberta Health  
Services

Version 6.0 (November 5, 2025)



## Improving Cancer Care

People with advanced cancer may experience fatigue and loss of functioning, starting from diagnosis and throughout their illness journey.

Rehabilitation and therapeutic exercise programs may help to reduce fatigue and improve physical function and quality of life.

Because of symptoms and loss of functioning, people with advanced cancer may have difficulty accessing interdisciplinary support, including onsite rehabilitation and exercise physiology.

This research study brings interdisciplinary experts in cancer rehabilitation and therapeutic exercise to people with advanced cancer in way that is convenient for them.

## Research Team

The research team includes health professionals from the following disciplines:

- Physiotherapy
- Exercise Physiology
- Occupational Therapy
- Oncology
- Palliative Medicine

## Study Objective

The aim of this research study is to determine whether a rehabilitation and therapeutic exercise program can be delivered to people with advanced cancer and to examine the effects of this program on their symptoms, level of functioning and overall quality of life.

This study has received ethical approval from the Health Research Ethics Board of Alberta – Cancer Committee.  
HREBA.CC-21-0376

If you have questions about your rights as a participant or ethical issues related to this study please contact HREBA at 1-877-423-5727, or email: [cancer@hreba.ca](mailto:cancer@hreba.ca)

## What Participants Can Expect?

An initial telephone call from the study coordinator to determine your eligibility to participate.

One-on-one assessment with a cancer rehabilitation and/or exercise specialist.

An 8-week Individualized therapeutic exercise program which is tailored to your level of functioning.

The exercise program may be completed virtually from your home, in-person, or some combination of these options depending on your location.

Access to one-on-one consultations with a Pain & Symptom physician and rehabilitation professionals as needed.

A final interview with a study team member to talk about your experience participating in the program