



CONTACT INFORMATION

Health and WellnessLab:

Email: wellnesslab@ucalgary.ca

Webpage:

<https://kinesiology.ucalgary.ca/labs/health-and-wellness/home>

Please let us know if you are interested in becoming involved in EXCEL as a participant, clinical site, or fitness professional.



EXercise for Cancer to Enhance Living Well



WHAT IS EXCEL?

EXCEL is the EXercise for Cancer to Enhance Living Well study. This study provides an exercise program to Canadian cancer survivors in rural and remote areas.



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

Funding for this study provided by:



Canadian Institutes of Health Research

Instituts de recherche en santé du Canada



Canadian Cancer Society



Alberta Cancer FOUNDATION

Canadian study evaluating the effectiveness and benefits of improving access to exercise for under-served rural and remote Canadian cancer survivors.

DID YOU KNOW?

Exercise for cancer survivors can:

- Reduce treatment-related side effects such as fatigue, nausea, and physical pain/discomfort.
- Diminish depression, anxiety, and improve overall quality of life.
- Improve daily function by increasing strength, endurance, and flexibility.

ELIGIBILITY

To be eligible for this study participants must:

- Have/had a cancer diagnosis
- Be pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion
- Able to participate in low to moderate physical activity
- 18+ years old and able to consent in English
- Have access to reliable internet
- Able to participate in online or in-person classes

STUDY ASSESSMENTS

Participants will complete 2 fitness assessments 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 waist 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.

FAQs

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), 2 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.

HOW MANY PARTICIPANTS WILL BE INVOLVED?

A total of at least 1500 cancer survivors from across Canada will participate in this study. Participants can either self refer or be referred by their healthcare provider to EXCEL for screening, testing, and program participation.

WHAT ELSE SHOULD I KNOW?

If you would like more information about the EXCEL study as a potential participant, clinical site, or fitness professional, please email the research coordinator (see contact information).

This study has been approved by the Health Research Ethics Board of Alberta: HREBA.CC-20.0098