



## CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS

Award ID:  
PP110117

Project Title:  
Maximizing Cancer Survivorship: Implementation of an Evidence-Based Exercise Program

Award Mechanism:  
Evidence-Based Prevention Programs and Services

Principal Investigator:  
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Entity:  
The University of Texas Health Science Center at San Antonio

### Lay Summary:

More than 100 studies have been published showing the many benefits of exercise in both preventing cancer and in recovering from the disease and treatments. Yet following a cancer diagnosis, survivors can experience uncertainty about how to begin an exercise program as part of their rehabilitation or resume their regular exercise activities. Many individuals do not feel strong enough to exercise and are unsure if they can safely exercise after receiving treatments known to have heart, lung, and nerve toxicities. Participation in a structured exercise program led by experienced exercise and cancer professionals can provide individuals with a safe environment within which to exercise at an intensity appropriate to their particular needs. Overall Goals of the Work. The goal of this project is to provide 500 cancer survivors a comprehensive fitness assessment and individualized evidence-based exercise program specific to their cancer diagnosis and treatment, needs, and personal goals. Options will include both clinic-based and home-based programs. Types of Cancer Survivors Served. Both men and women of all ages regardless of type or stage of cancer or fitness level will be invited to participate. Significance of the Results. Although a cancer diagnosis is a life-threatening event, it can also be an opportunity for positive life changes. The evidence overwhelmingly supports exercise as a health-promoting behavior and part of a healthy lifestyle especially for cancer survivors. However, changing behavior can be challenging. The proposed project brings together a multi-disciplinary team of experienced health care clinicians and advocates to both test an evidence-based exercise program and provide critical services found to improve the health and quality of life of individuals who have or have had cancer. Impact the on Cancer Prevention and Control. The proposed program will offer a comprehensive service based on an existing body of knowledge about and evidence for exercise in cancer survivors. Funding of this project will support a system of care sustainable over time. This tailored, culturally appropriate survivorship program intends to deliver state-of-the-science, evidence-based services aimed at both prolonging the length and improving the quality of lives of cancer survivors.