EXCEL

EXercise for **C**ancer to **E**nhance **L**iving Well

We are seeking rural and remote exercise professionals to deliver programs in exercise oncology

What is **EXCEL?**

EXCEL is a research study, providing evidence-based exercise programs to Canadians living with and beyond cancer in rural and remote areas. J**oin our network to receive exercise oncology training** and support the delivery of this program in **your community**!

For more information:

Email us at: wellnesslab@ucalgary.ca

Call us at: 403-210-8482

Website: thriveforcancersurvivors.com/

Canadian Cancer Society

CIHR IRSC Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

Alberta Cancer FOUNDATION

UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

Ethics ID: HREBA.CC-20.0098

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EXCEL is a research study funded by the Canadian Cancer Society and the Canadian Institutes of Health Research, with additional funding from the Alberta Cancer Foundation. The aim of our study is to implement and evaluate the benefit and feasibility of community-based exercise oncology programs for those living in rural and remote regions across Canada (https://bit.ly/39FSVTk).

We also facilitate the development of referral networks between healthcare providers and local exercise professionals, who are delivering exercise oncology programs. By building partnerships in rural communities, EXCEL facilitates patient transition from clinical care to the EXCEL program in their region.

As an exercise professional in our network, you will have access to:

- The Thrive Health Cancer and Exercise Training: https://thrivehealthservices.com/professionals/certification/
- EXCEL Training Day (online): provides information on study logistics and program delivery expectations. Also, learn how to deliver our "exercise and educate" approach to foster a positive motivational climate and integrate behaviour change resources into programs
- Opportunities to shadow and moderate (actively assist) EXCEL programs
- Recordings of previous training events/webinars and invitations to all future training opportunities
- Monthly EXCEL newsletter, updating on study progress and community/fitness professional highlights – learn more about our team that is growing across the country!

- **Paid opportunity to deliver online and/or in-person EXCEL programs in your community, upon completion of training.** This is contingent on having enough participant referrals into the programs – *your* insight on how to increase awareness in your community will be *critical* for program success!

Please check out our "EXCEL Participant Voices" video to learn how this program changes lives: https://www.youtube.com/watch?v=k68nQXq_ntI&ab_channel=Health%26WellnessLab

To register your interest and to help the EXCEL team learn more about you, **please complete our survey** and our team will be in touch! **https://survey.ucalgary.ca/jfe/form/SV_1Oc8cqJydf1RTqS**

If you have any questions, please email us at wellnesslab@ucalgary.ca.