

HELPING CANCER PATIENTS WITH MOVEMENT AND QUALITY OF LIFE



According to the American College of Sports Medicine, research

“ ...strongly suggests that exercise is not only safe during cancer treatment, but it can also improve physical functioning and many aspects of quality of life. ”

Join us for a small group led by our certified Cancer Exercise Trainer. You will be led step-by-step through an evidence-based exercise program focused towards your unique situation, strengths, weaknesses, and goals.

Closely monitored symptoms and vital signs can be taken before, during, and post-workout including:

- Heart rate
- Blood pressure
- Oxygen saturation
- Weight
- Rate of perceived exertion
- Fatigue

You will also have the opportunity to consult with Physical and Occupational Therapists if concerns arise.

We offer 2 sessions per week for \$60/month or pay per session at \$7.50 each

Physician referral is required

For more information, contact us at (970) 240-7153