Just like nutrition, exercise is also very important!

The lecture accompanying this module will explain the importance of exercise during and after your cancer recovery.

At Maple Tree, we fully believe that Exercise is Medicine, and that if you choose to make exercise a standard part of your care, you will thrive through cancer!
Oncology Exercise Programming

- Individualized according to the patient's health status and goals
- All sessions are completed one-on-one with a Certified Cancer Exercise Trainer

Mode of Exercise

- Cardiorespiratory Endurance:
  - Walking, cycling, cross trainers
- Muscular Strength/Endurance:
  - Free weights and machines, resistance bands, resistance balls
- Body Composition:
  - Aerobic and resistance exercises

Maple Tree Cancer Alliance Research on Exercise Oncology Efficacy

Maple Tree Research Program

Improvements to Symptom Severity

- Overall Quality of life
- Depression

Improvements to Symptom Severity

- Fatigue
- Sense of Purpose

Improvements to Symptom Severity

- Control Over Life
- Pain

Maple Tree Research Program

Number of ER Visits

Length of Hospital Stay
Summary

• Exercise is safe and effective during cancer treatment and should be an integral component of cancer recovery.

• This exercise oncology program must be individualized to the patient and carried out by a certified exercise professional, in coordination with the patient’s medical care team.