

# UW WELL-FIT

## WHAT IS UW WELL-FIT?

- UW WELL-FIT is an exercise program for individuals of all ages undergoing chemotherapy, radiation, or hormonal therapy for any type of cancer. The program aims to minimize the negative side-effects experienced with cancer treatment and improve quality of life for cancer patients.

## WHY EXERCISE DURING TREATMENT?

- Reduce the severity of symptoms such as fatigue, muscle weakness, nausea, depression, lymphedema, decreased immune system function, and weight gain or loss.
- Improve or maintain current level of fitness.

## WHY JOIN UW WELL-FIT?

- Supervised by certified exercise professionals.
- Individualized exercise programs aimed at maintaining or improving cardiovascular fitness, muscular endurance and strength, and range of motion.
- Safe, private, small-group environment.
- Positive social support network with others undergoing similar cancer treatment.

*DUE TO COVID-19, ALL OF OUR PROGRAMMING IS CURRENTLY BEING OFFERED REMOTELY.*



## HOW DO I JOIN?

### STEP 1

Talk to your Cancer Physician to see if this program is recommended for you. All participants require medical clearance prior to joining UW WELL-FIT. **All participants must be able to safely exercise independently at home without CCCARE Staff supervision.**

### STEP 2

Your Cancer Physician or Oncology Clinic Nurse will fax a referral to UW WELL-FIT.

### STEP 3

UW WELL-FIT staff will contact you to set up an initial remote consultation and assessment.

## UW WELL-FIT STAFF

All staff are Registered Kinesiologists (R.KIN) and/or Clinical Exercise Physiologists (CSEP-CEP).



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# REMOTE EXERCISE

*"UW WELL-FIT has been an invaluable part of my recovery from cancer. It is a program which considers individual well-being through physical fitness and the creation of personal goals and reflection. My trainer has provided excellent support, encouragement, and several resources related to my specific needs. This journey, which has undoubtedly been one of the most difficult in my life, has become much more manageable as a result of the PURPOSE this program has given me. I finally feel I am reclaiming a part of myself. I am so grateful UW WELL-FIT is still available remotely with the restrictions of the pandemic."*

— Pamela B.

## WHAT DO I NEED TO KNOW ABOUT REMOTE EXERCISE PROGRAMMING?

- Our remote programming provides you with an opportunity to participate in various UW WELL-FIT exercise programs from the comfort and safety of your home.
- You will be working with certified exercise professionals who will provide you with evidence-based exercise programming that suits your current needs and medical situation.
- In order to participate remotely and get the most out of the program, it is encouraged that you have access to a device (computer/tablet/smart phone) and a high-speed internet connection.
- The programming is partially supervised. You must be able to safely exercise at home without direct supervision from CCCARE Staff.

## FOR MORE INFORMATION

- If you have any questions or would like more information about our remote programming, please contact us by email – [fitness@uwaterloo.ca](mailto:fitness@uwaterloo.ca)

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WHAT CURRENT  
PARTICIPANTS HAVE TO SAY



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