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Exercise Programs: Cross Country

Exercise programs set up to meet the needs of cancer patients are emerging throughout the country. Listed below are some exercise programs that range in focus from individualized training and therapy to group exercise and support. Some programs help cancer patients of all ages, while others target the needs of an older population or other specific groups. Patients should consult their physician, nurse, or social worker for a community- or hospital-based program that fits their specific needs.

Addressing Cancer Through Individualized Exercise (ACTIVE)

Seattle

www.swedish.org/body.cfm?id=2304

206-215-6333

Cancer Foundation for Life

Tyler, Texas, and Dallas area

www.cancerfoundationforlife.org

903-561-0149

Cancer Well-fit Program

Santa Barbara, California

www.cancerwellfit.com

805-966-6147

Duke Center for Living's C.A.R.E. Program (Cancer and Regular Exercise)

Durham, North Carolina

www.cfl.duke.edu or www.dukefitness.org

919-660-6600

Ho'ola Cancer Exercise Wellness Program

Kailua, Hawaii

www.cancerexercisewellness.org

808-778-6691

The Lebed Method

Available in 14 countries, including the United States

www.lebedmethod.com/index.cfm?page=teacherdirectory

877-365-6014

Mount Carmel Breast Cancer Exercise Program

Columbus, Ohio

www.mountcarmelhealth.com/programs-services/breast-cancer-exercise-program/

614-234-4006

Moving on Aerobics

New York City

www.movingonaerobics.org

212-229-8391

Summit Cancer Solutions

Denver

www.summitcancersolutions.org

303-724-0628

Triumph Fitness Program

Sacramento, California

www.triumphfitnessprogram.com

916-734-5786

Presbyterian Cancer Center's Strides to Strength program

Charlotte, North Carolina

www.presbyterian.org

704-384-6953

YMCA Cancer Recovery Wellness Program

Select locations nationwide. View a complete listing [here](#).