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Exercise Programs: Cross Country

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Exercise programs that 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. Patients should consult their physician, nurse, or social worker for a local program that fits their specific needs.

Addressing Cancer Through Individualized Exercise (ACTIVE) in Seattle

www.swedish.org

206-215-6333

Cancer Foundation For Life in Tyler, Texas, and Dallas

www.cancerfoundationforlife.org

903-561-0149

Cancer Well-fit Program in Santa Barbara, California

www.cancerwellfit.com

805-966-6147

Duke Center for Living's cancer exercise program in Durham, North Carolina

www.cfl.duke.edu

919-660-6600

Ho'ola Cancer Exercise Wellness Program in Kailua, Hawaii

www.cancerexercisewellness.org

808-778-6691

Mount Carmel Breast Cancer Exercise Program in Columbus, Ohio

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

614-234-4006

Moving on Aerobics in New York City

www.movingonaerobics.org

212-229-8391

Summit Cancer Solutions in Denver

www.summitcancersolutions.org

303-409-2206

Triumph Fitness Program in Sacramento, California

www.triumphfitnessprogram.com

916-734-5786

Presbyterian Cancer Center's Strides to Strength program in Charlotte, North Carolina

www.presbyterian.org

704-384-6953

Other resources include local gyms, YMCA, YWCA, and community- or hospital-based programs. For patients interested in one-on-one training, the American Cancer Society (www.cancer.org, 800-227-2345) recently provided a grant to the American College of Sports Medicine (www.acsm.org, 317-637-9200) to develop a certification for health and fitness instructors who work with cancer patients. The process is being tested now and should be available this summer, according to the ACS.