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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](http://www.swedish.org)

206-215-6333

### **Cancer Foundation For Life in Tyler, Texas, and Dallas**

[www.cancerfoundationforlife.org](http://www.cancerfoundationforlife.org)

903-561-0149

### **Cancer Well-fit Program in Santa Barbara, California**

[www.cancerwellfit.com](http://www.cancerwellfit.com)

805-966-6147

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

[www.cfl.duke.edu](http://www.cfl.duke.edu)

919-660-6600

### **Ho'ola Cancer Exercise Wellness Program in Kailua, Hawaii**

[www.cancerexercisewellness.org](http://www.cancerexercisewellness.org)

808-778-6691

### **Mount Carmel Breast Cancer Exercise Program in Columbus, Ohio**

[www.mountcarmelhealth.com/programs-services/breast-cancer-exercise-program/](http://www.mountcarmelhealth.com/programs-services/breast-cancer-exercise-program/)

614-234-4006

### **Moving on Aerobics in New York City**

[www.movingonaerobics.org](http://www.movingonaerobics.org)

212-229-8391

### **Summit Cancer Solutions in Denver**

[www.summitcancersolutions.org](http://www.summitcancersolutions.org)

303-409-2206

### **Triumph Fitness Program in Sacramento, California**

[www.triumphfitnessprogram.com](http://www.triumphfitnessprogram.com)

916-734-5786

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

[www.presbyterian.org](http://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](http://www.cancer.org), 800-227-2345) recently provided a grant to the American College of Sports Medicine ( [www.acsm.org](http://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.