

EXCEL

EXercise for Cancer to Enhance Living Well



Project EXCEL: EXercise for Cancer to Enhance Living Well

Julianna Dreger, MExPhys
Dr. S. Nicole Culos-Reed
Health and Wellness Lab
wellnesslab@ucalgary.ca

Family Physician & Cancer Care: Strengthening Linkages Workshop

April 23, 2022



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

CCS/CIHR Cancer Survivorship Team Grant

EXCEL



EXercise for **C**ancer to **EN**hance **L**iving Well

Funded by:



Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada



Canadian
Cancer
Society



Alberta Cancer
FOUNDATION



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

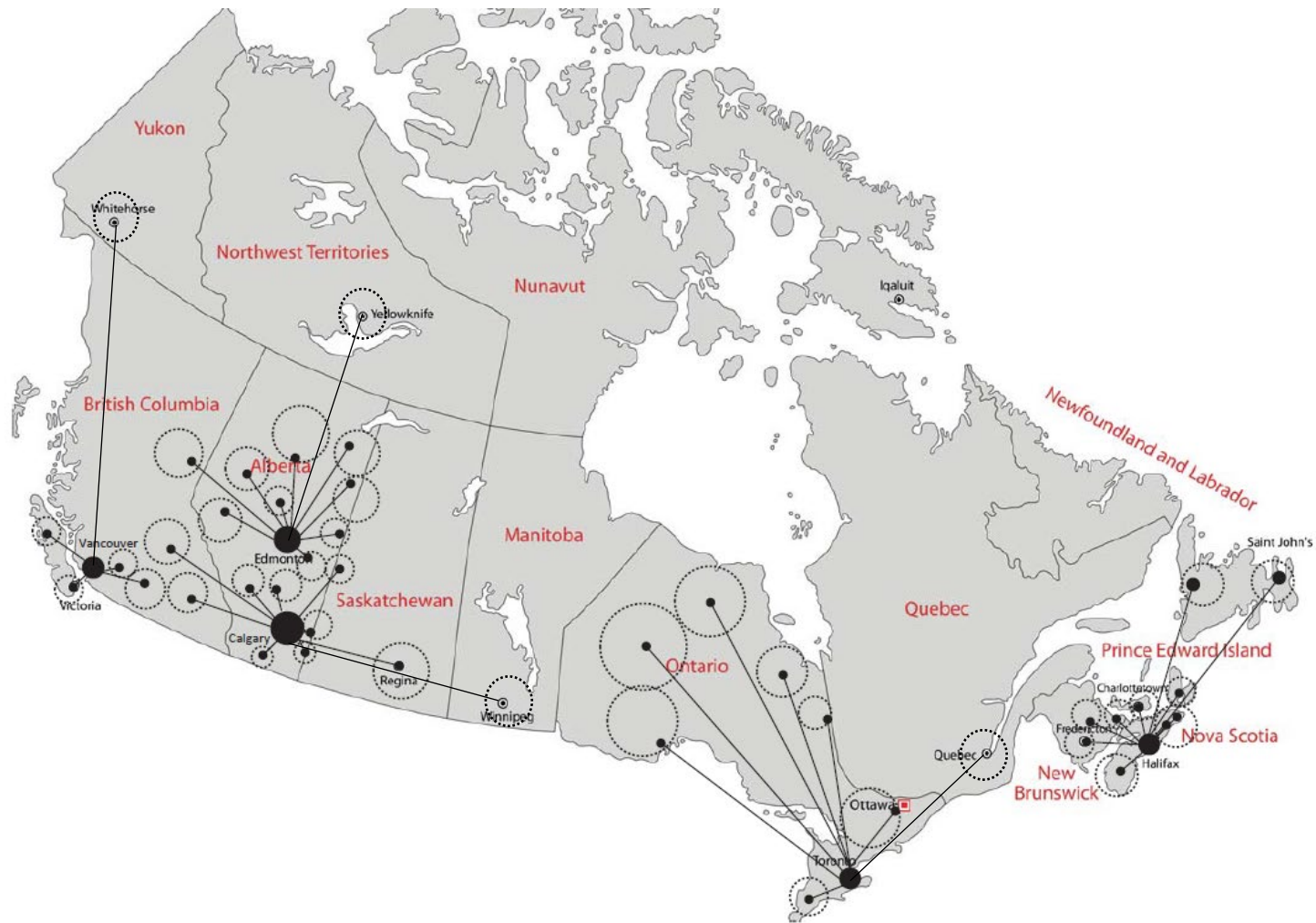
Objective

Increase the reach and delivery of exercise oncology programs to underserved individuals living with and beyond cancer across Canada by disseminating, implementing, and assessing the effectiveness of our exercise oncology program

Focus on rural and remote populations



Hub and Spoke



- 554 participants recruited across Canada, since Fall 2020
- Four hubs recruiting – Calgary, Edmonton, Toronto, Halifax
- 32 QEP across Canada, trained to deliver EXCEL program since Fall 2020
 - 10 QEPs currently delivering programs
- Programming to date all online

Referral Process



FOR PATIENTS THAT:

Live in rural or remote location

- Pre-, on, or **within 3 years** of treatment
- 18 years** and older
- Next programs start: Fall 2022
- You can refer to EXCEL anytime



wellnesslab@ucalgary.ca



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY
Health and Wellness Lab

THANK YOU



Dr. Nicole Culos-Reed
nculosre@ucalgary.ca

EXCEL Research Coordinator:
jdreger@ucalgary.ca

Health & Wellness Lab:
wellnesslab@ucalgary.ca