

UW WELL-FIT

“Worn out from abdominal surgery, chemotherapy, and the whole business of cancer, my fitness level was low but with each workout I found myself gaining greater strength, flexibility, stamina, and energy. I began to feel like myself again but now I was a much stronger version. The staff at UW WELL-FIT empowered me to work toward greater health and wellness, even in the face of cancer.”

— PEGGY SIMON, UW WELL-FIT participant



After receiving a cancer diagnosis, maintaining an exercise routine is the last thing on most people's mind. But research shows that exercise can help reduce the negative side-effects of cancer treatment and improve overall health and well-being. That's why UW WELL-FIT in the Faculty of Applied Health Sciences at the University of Waterloo offers a specialized 12-week exercise program for individuals undergoing treatment. UW WELL-FIT's trained and certified staff provide a safe and supportive environment to help those facing cancer regain strength and have the energy to fight back.

BENEFITS OF EXERCISE

In the past, people with a chronic illness were often advised to rest and to avoid physical activity. This may still be true for some individuals but for many, regular exercise during treatment can help:

- » Maintain muscle mass
- » Lower the risk of heart disease
- » Lessen the risk of osteoporosis
- » Improve blood flow and lower the risk of blood clots
- » Reduce dependency on others for help with normal activities of daily living
- » Improve self-esteem
- » Lower the risk of being anxious and depressed
- » Lessen nausea
- » Maintain ability to keep social contacts
- » Alleviate symptoms of tiredness (fatigue)
- » Improve weight control
- » Enhance quality of life
- » Improve physical abilities
- » Increase balance and lower the risk of falls and broken bones

how to get started

- » Ask your oncologist or clinical nurse for a referral.
- » Contact UW Fitness to book an initial assessment.

**Telephone**

519-888-4567, ext. 36841

**Email**

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**Facebook**

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UW WELL-FIT's 12-week program is part of a comprehensive recovery strategy that helps participants reduce the severity of treatment side-effects, such as fatigue and muscle weakness, while building muscle strength, restoring range of motion and improving cardiovascular function.

The specialized program provides safe, small-group, hour-long exercise sessions twice a week over a 12-week period. Perfect for beginners or former athletes, each participant receives an individual consultation and program tailored to his or her specific health needs. To date, over 1,500 participants have used UW WELL-FIT to improve their health and well-being during treatment.

Sponsored by the Grand River Regional Cancer Centre, the Faculty of Applied Health Sciences and the generous donations of community members, the program is funded for clients currently undergoing treatment with a referral through the Grand River Regional Cancer Centre.



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