

# EXCEL

EXercise for Cancer to Enhance Living Well



## WHAT IS EXCEL?

EXCEL is the EXercise for Cancer to Enhance Living Well study. This study provides an exercise program to Canadian cancer survivors in rural and remote areas.



### YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Have/had a cancer diagnosis;
- Are pre-cancer treatment, currently receiving treatment, or within 3 years of treatment completion;
- Able to participate in low-to-moderate physical activity;
- 18+ years old and able to consent in English;
- Have access to reliable internet; and
- Able to participate in online or in-person classes.

### FOR MORE INFORMATION

Speak to your oncologist or contact a member of our research team:

#### Melanie Keats, PhD

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