

Where to Start...Exercise and Exercise Services During and After Cancer Treatment

Resources to help you when you **start** to look for information about exercise during and after cancer treatment

Which resources can I read to learn about exercise?

1. **Life After Cancer Treatment**

Published by the Canadian Cancer Society

2. **Monthly Tips to Reduce Your Risk of Cancer: Gradual Changes for Eating Better and Being Active**

Published by the Canadian Cancer Society

To look at a copy of these books online, go to the [Canadian Cancer Society website](http://www.cancer.ca):

<https://action.cancer.ca/en/cancer-information/resources/publications>

To order your own copies of these books, call the Canadian Cancer Society at 1-888-939-3333 or [e-mail info@cancer.ca](mailto:info@cancer.ca)

Where can I find information online?

To learn about exercise during and after cancer treatment, look at the online resources below.

1. [The Canadian Cancer Society](http://www.cancer.ca): www.cancer.ca
 - Use the search box to search for information about exercise
2. [The American Cancer Society's Nutrition and Physical Activity Guidelines](http://onlinelibrary.wiley.com/doi/10.3322/caac.21146/pdf):
<http://onlinelibrary.wiley.com/doi/10.3322/caac.21146/pdf>
3. [Canadian Physical Activity Guidelines for people ages 18 to 64](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf):
http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf
4. [Canadian Physical Activity Guidelines for people age 65 or older](http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf):
http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf

It is important to tell exercise professionals about your cancer. This will help them make sure that the exercise is safe for you.

Which exercise programs are available for people with cancer?

For the most up-to-date information, please contact the program that interests you.

1. **Wellspring's Group Exercise (online)**

- A free 12 week exercise program
- Use Zoom to exercise online with other people
- The program is open to people with all types of cancer, and at any stage of treatment
- You need to get permission from your family doctor or cancer doctor to join this program
- For more information, visit [Wellspring's Website: www.wellspring.ca](http://www.wellspring.ca)

2. **CanWell by the Les Chaters Y.M.C.A Hamilton**

- A 12-week exercise program for people with cancer.
- To learn more, visit the [YMCA of Hamilton, Burlington and Brantford's website: https://www.ymcahbb.ca/Programs/LiveWell/CanWell-LiveWell-\(1\)?location=5f8d05a1-6a9e-4f60-b826-9930d667435d](https://www.ymcahbb.ca/Programs/LiveWell/CanWell-LiveWell-(1)?location=5f8d05a1-6a9e-4f60-b826-9930d667435d)

3. **LifeMark Physiotherapy/Centric Health Cancer C.A.R.E. Program**

- This private physiotherapy clinic can work with you to make a cancer rehab. plan just for you.
- To learn more, visit [Lifemark Website: www.lifemark.ca/services/cancer-rehab](http://www.lifemark.ca/services/cancer-rehab)

What other exercise programs or centres can I go to in my community?

Recreation Programs by your Town or City

The town or city you live in may have exercise programs in a community centre. To learn about these programs, visit your town or city's website.

Important Note: If you decide to use an exercise program offered by your town or city, it is important to let them know that you have cancer. This will help them make sure that the exercise or program is safe for you.

1. [City of Brampton – Recreation webpage:](https://www.brampton.ca/EN/residents/Recreation/Pages/Welcome.aspx)

<https://www.brampton.ca/EN/residents/Recreation/Pages/Welcome.aspx>

2. [City of Burlington – Recreation webpage:](https://www.burlington.ca/en/live-and-play/recreation.asp)

<https://www.burlington.ca/en/live-and-play/recreation.asp>

3. [Town of Caledon - Recreation webpage:](https://www.caledon.ca/en/living-here/recreation--leisure.aspx)

<https://www.caledon.ca/en/living-here/recreation--leisure.aspx>

4. [Town of Halton Hills – Recreation webpage:](https://www.haltonhills.ca/en/explore-and-play/recreation.aspx)
<https://www.haltonhills.ca/en/explore-and-play/recreation.aspx>
5. [Town of Milton - Recreation webpage:](https://www.milton.ca/en/arts-and-recreation/recreation.aspx)
<https://www.milton.ca/en/arts-and-recreation/recreation.aspx>
6. [City of Mississauga – Recreation webpage:](https://www.mississauga.ca/recreation-and-sports/)
<https://www.mississauga.ca/recreation-and-sports/>
7. [City of Oakville – Recreation webpage:](https://www.oakville.ca/culturerec/rec-culture-programs.html)
<https://www.oakville.ca/culturerec/rec-culture-programs.html>
8. [Town of Orangeville – Recreation webpage:](https://www.orangeville.ca/en/recreation/recreation.aspx)
<https://www.orangeville.ca/en/recreation/recreation.aspx>
9. [City of Toronto – Recreation webpage:](https://www.toronto.ca/explore-enjoy/recreation/)
<https://www.toronto.ca/explore-enjoy/recreation/>
10. [City of Vaughan - Recreation webpage:](https://www.vaughan.ca/services/recreation/Pages/default.aspx)
<https://www.vaughan.ca/services/recreation/Pages/default.aspx>

Programs at your local Y.M.C.A or Y.W.C.A

Your local Y.M.C.A or Y.W.C.A may also have an exercise program that you can join. To find your local Y.M.C.A or Y.W.C.A, use the websites below.

- [Y.M.C.A website:](https://ymca.ca/) <https://ymca.ca/>
- [Y.W.C.A website:](http://ywcacanada.ca/en) <http://ywcacanada.ca/en>

Classes by Home and Community Care Support Services

Home and Community Care Support Services organizations help you get health care services in your community. They can help you find exercise services in your area.

To learn about services in the Mississauga and Halton areas:

- Call 1-877-696-1620.
- Visit the [Home and Community Care Support Services Mississauga Halton's website:](http://www.mississaugahaltonhin.on.ca/Page.aspx?id=10374)
<http://www.mississaugahaltonhin.on.ca/Page.aspx?id=10374>

To learn about services in Brampton, Caledon, Malton, Bolton, Dufferin, North Etobicoke, or West Woodbridge:

Call 1-888-733-1177 extension 7744

- Visit the [Home and Community Care Support Services Central West:](http://www.centralwesthin.on.ca/)
<http://www.centralwesthin.on.ca/>
 - In the search box, search for “exercise”
 - In the Search Results, click on “Physiotherapy”

If I do not want to join an exercise program, how can I get advice about exercising?

If you do not want to join an exercise program, and you want professional advice about safe exercise, you can speak to:

- **Physiotherapists**
 - A physiotherapist is someone with training to treat many health problems with exercise and other skills.
 - **To find a physiotherapist, visit** the College of Physiotherapists of Ontario Website:
<http://publicregister.collegept.org/PublicServices/Start.aspx>
- **Kinesiologists**
 - A kinesiologist is someone with training to use exercise and movement science to support your health.
 - **To find a kinesiologist, visit** the [College of Kinesiologists Ontario's](http://www.coko.ca/index.php/en/find-kinesiologist) website:
<http://www.coko.ca/index.php/en/find-kinesiologist>

Some physiotherapists or kinesiologists have more experience working with people who have or had cancer. It is a good idea to tell these professionals about your medical history.

Important Note:

Trillium Health Partners made this document to provide patients, families and caregivers with resources to help them find information about exercise during and after cancer treatment. Trillium Health Partners does not endorse any community services or resources mentioned in this document. The information in this document does not replace medical advice. Every effort has been made to ensure information in this document is complete, correct and up-to-date but no guarantee is made to that effect. By using this document, you agree to use any of the resources mentioned at your own risk. If you have any questions or concerns about the information in this document, please talk to your healthcare team.

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