

EXCEL ONTARIO NEWSLETTER

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Dear Colleagues,

We are excited to update you on our progress in Ontario. We are **actively recruiting** participants for two new classes beginning the week of **April 15th, 2024**. Registration is open!

If any of your patients or community members may be interested in participating or if you would like to receive promotional materials, please contact excel.ontario@utoronto.ca

- The schedule for the 12-week program running the week of April 15th to the week of July 1st is as follows:
 - **Mondays and Wednesdays: 3:00pm-4:00pm** EDT online via Zoom.
 - **Tuesdays and Thursdays: 6:00pm-7:00pm** EDT online via Zoom.

Contact us for details. We are ready to initiate new classes based on demand!

EXCEL Overview

- EXCEL is a 12-week group exercise program and research study delivered to underserved cancer survivors free of charge.
- Participants will be asked to complete a fitness assessment before and after the program (30 minutes each) as well as questionnaires to assess individual health and satisfaction with the program.
- In addition to a qualified instructor, each virtual class uses a moderator to ensure the safety of participants is maintained at all times.



Study Progress

- 31 EXCEL classes comprising over 300 participants have been completed in Ontario!
- To facilitate referrals and increase awareness about project EXCEL, brochures and posters are available in both electronic and hard copy formats. Contact us for copies.
- You can view EXCEL publications here:
 - Wagoner CW, Dreger J, Keats MR, et al (2024) Exercise and behaviour change support for individuals living with and beyond cancer: Interim results and program satisfaction of the EXCEL study. *JSAMS Plus* 3:100055. <https://doi.org/https://doi.org/10.1016/j.jsampl.2024.100055>
 - Wagoner, C.W.; Dreger, J.; Keats, M.R.; Santa Mina, D.; McNeely, M.L.; Cuthbert, C.; Capozzi, L.C.; Francis, G.J.; Trinh, L.; Sibley, D.; et al. First-Year Implementation of the EXercise for Cancer to Enhance Living Well (EXCEL) Study: Building Networks to Support Rural and Remote Community Access to Exercise Oncology Resources. *Int. J. Environ. Res. Public Health* **2023**, *20*, 1930. <https://doi.org/10.3390/ijerph20031930>.
 - Culos-Reed N, Wagoner CW, Dreger J, et al. Implementing an exercise oncology model to reach rural and remote individuals living with and beyond cancer: a hybrid effectiveness-implementation protocol for project EXCEL (EXercise for Cancer to Enhance Living Well). *BMJ Open*. 2022 Dec;12(12):e063953. DOI: 10.1136/bmjopen-2022-063953.

Maintenance Programming

- In addition to EXCEL programming, the Ontario Hub offers ongoing maintenance classes. Maintenance classes are taught by EXCEL instructors **for graduates of the program** who wish to continue participating in exercise classes, for a small fee.
- Our current maintenance class offerings are as follows:
 - Tuesdays and Thursdays at 6:00-7:00 am EDT via Zoom
 - Tuesdays and Thursdays at 5:30-6:30pm EDT via Zoom
 - Tuesdays and Thursdays 5:00-6:00pm EDT via Zoom
 - Mondays and Thursdays at 11:00-12:00pm EDT via Zoom
 - Mondays and Thursdays at 11:45-12:40pm EDT via Zoom
 - Mondays and Thursdays at 12:00-1:00pm EDT via Zoom
 - Mondays and Wednesdays at 5:30-6:30pm EDT via Zoom
- In collaboration with Wellspring, we are offering a maintenance class for EXCEL graduates with advanced cancer. This class is free of charge and is held Tuesdays and Thursdays from 1:30pm-2:30pm EST via Zoom.

Testimonials

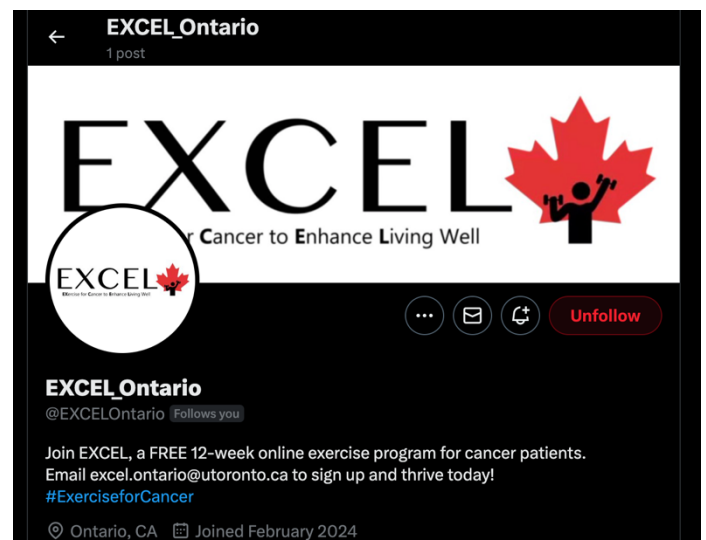
- The benefits of exercise for those living with and beyond cancer:
<https://bit.ly/3EoGPe3>
- What EXCEL means to me: https://www.youtube.com/watch?v=k68nQXq_ntI
- Why exercise oncology trained QEPs are so important: <https://bit.ly/3rwmgon>
- Why exercise should be part of standard cancer care: <https://bit.ly/3SINN1S>

Follow us on Social Media!

X (formerly Twitter):

@EXCELOntario

Instagram: @EXCEL_Ontario



Contact Us

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