

EXCEL ONTARIO NEWSLETTER

January 2021 | Volume 2 Issue 1

Dear Colleagues,

Happy New Year! We are excited to update you on our progress in Ontario. We are **actively recruiting** participants for four new classes beginning **January 10th, 2022**. Participants can join until January 24th or register for a future cohort of classes.

If any of your patients or community members may be interested in participating or if you would like to receive promotional materials, please contact us via the Ontario Project Coordinator, Daniel Sibley (@daniel.sibley@mail.utoronto.ca).

- The schedule for the 12-week Ontario programs running January to April:
 - Mondays and Wednesdays: 4:00-5:00pm EST online via Zoom.
 - Mondays and Wednesdays: 11:00am-12:00pm EST online via Zoom.
 - Mondays and Thursdays: 11:30am-12:30pm EST online via Zoom
 - Registration is open!

We are happy to announce a lung-specific class beginning January 10!

- Tuesdays and Thursdays at 4:00-5:00pm EST

If participants are unable to attend classes hosted by Ontario, they can join classes hosted by other EXCEL hubs starting **January 10 via Zoom**:

- Class 1: Tuesdays and Thursdays 11:30am-12:30pm (EST)
- Class 2: Mondays and Thursdays 3:30-4:30pm (EST)
- Class 3: Tuesdays and Thursdays 8:00-9:00 pm (EST)
- Class 4: Mondays and Wednesdays 1pm-3pm (EST)
- Class 5: Tuesdays and Thursdays 4pm-5pm (EST)
- More classes will be added prior to January 10!

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 while the class is being conducted.

UPDATES

Study Progress

- 4 EXCEL classes comprising 40 participants have been completed in Ontario and 3 classes are currently ongoing in collaboration with Wellspring.
- 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.

Maintenance Programming

- In addition to EXCEL programming, the Ontario Hub offers an ongoing maintenance class via Zoom. 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 is instructed by Deanna and re-starts January 11th, 2022. The class runs Tuesdays and Thursdays at **5:30-6:30pm EST via Zoom!**

EXCEL QEP Winter 2022 Training Day!

- We will be hosting another online training day for our community QEPs from across Canada on **January 6 from 11am to 4pm (EST)**. This free training day will prepare fitness professionals with information regarding the EXCEL study, as well as provide an introduction to the topic of supporting behaviour change.
- Please contact us if you would like to learn more about the process of getting involved with EXCEL as a fitness professional.



Contact Us

- Project Coordinator, Ontario Hub: Daniel Sibley, daniel.sibley@mail.utoronto.ca
- Research Coordinator, Central Hub: Julianna Dreger, jdreger@ucalgary.ca