

Comments:

"My knees have become stronger, balance has improved, and overall stamina and muscle tone have increased!"

"I am a healthier individual from my participation in the Cancer and Exercise program"



Contact us for more information!

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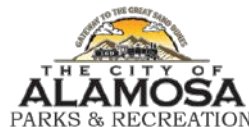
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 Colorado Cancer Coalition



# Cancer & Exercise Study

Brought to the San Luis Valley by Adams State University, SLV Health, and the Colorado Cancer Coalition.



## Who?

- Adams State University with support and funding from SLV Health and the Colorado Cancer Coalition

## What?

- A fully funded 12-week exercise program offered to all cancer survivors at any stage of treatment or remission

## When?

- We start new sessions 2x a year coinciding with Adams State Fall and Spring Semesters
- We offer morning and afternoon sessions three times a week to accommodate as many participants as possible



"This program was a real gift to me. I feel better about myself and the people contribute to the enjoyment of the group!" – Participant since Spring 2018

## Where?

- All exercise sessions will be held at the Alamosa Family Recreation Center
- Fitness testing will take place at Adams State's East Campus Human Performance Lab & Indoor Track (the Bubble)

## Why?

- Exercise has been shown to improve health outcomes in many cancer survivors with different types of cancer
- Working with a group who have similar experiences can aid in support and improve overall quality of life

## What's included?

- Pre- and post-testing of fitness to see progress throughout
- 10 weeks of supervised exercise including aerobic, resistance training, group sport, and balance activities
- Educational sessions to provide health-related information to all participants



## What else?

- We will work with each individual to reach personal goals based on current health & fitness; there is lots of one-on-one personal training to match each individual's ability
- Participants are encouraged to continue with the on-going study as a part of our growing Maintenance group