UW WELL-FIT

AN EXERCISE PROGRAM FOR PEOPLE WITH CANCER

Exercise during cancer care can help you stay strong so you can handle tough side effects and finish your treatment plan. It can also help boost energy and improve your health.

For over 20 years, our UW WELL-FIT cancer exercise program has been helping people in the Waterloo area.

UW WELL-FIT is a 12-week exercise program for people going through cancer care.

Led by trained staff in a private facility, we offer a friendly place to help you stay active during your cancer treatment.

care | Centre for Community, Clinical & Applied Research Excellence

UNIVERSITY OF WATERLOO | FACULTY OF HEALTH Department of Kinesiology and Health Sciences

Who Can Join?

Adults over the age of 18 who:
- Are going through cancer treatment, or
- Have just finished cancer treatment

Why Choose UW WELL-FIT?

- Tailored exercises to meet goals like improving your strength, energy, and range of motion
- Guided by fitness experts who are trained to help people living with cancer
- Safe and private gym space
- Small groups where you can connect with others on a similar path
- Flexible class times
- Lots of parking and close to public transit

What To Expect?

- 1:1 assessment to plan your custom program and review goals
- Join 1-hour workouts, 2 times a week for 12 weeks (24 sessions total)
- Exercises can be changed to make sure you are safe

CONTACT US:

519-888-4567, ext. 46841
cccare.info@uwaterloo.ca
Toby Jenkins Building
340 Hagey Blvd, Waterloo, ON.

f facebook.com/ UWaterlooCCCARE

X x.com/ UWaterlooCCCARE

uwaterloo.ca/cccare

How Do I Join?

1 Ask your cancer team for a referral, and be sure to include your email and phone number

2 Your referral will be faxed to us

3 Our team will contact you in 3-5 business days to set up your first visit

"With each workout I found myself gaining greater strength, flexibility, stamina, and energy. I began to feel like myself again but now I was a much stronger version. The staff at UW WELL-FIT empowered me to work toward greater health and wellness, even in the face of cancer."

PEGGY, UW WELL-FIT participant

WANT TO LEARN MORE?

Visit our website or talk to your cancer team for more information.