



To be completed by applicant

PLEASE PRINT

Please circle one of the following Mr. Mrs. Miss. Ms.

Last Name: _____ First Name _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Telephone: _____ Email: _____

Date of birth (dd/mm/yyyy): _____ Age: _____

To be completed by physician (mandatory)

Our program is available to adults with cancer who have been diagnosed, are undergoing treatment or are in survivorship. We offer our program for 2 sessions per week for 10 weeks.

All sessions are supervised by Trained Cancer Exercise Specialist.

The following list of criteria must be met for an individual to attend our program:

- Diagnosed with cancer Over 18 years of age
- Ability to participate in an exercise program
- Motivation to participate in an exercise program

Cancer Diagnosis: _____ Stage: _____

Metastatic Lesion: Y / N If yes, indicate location: _____

Additional comments/Comorbidities requiring consideration during exercise:

I give my consent for the above applicant to participate in the Optimum Health Cancer Exercise Program:

Physician Signature

Date



Optimum Health Center's Twenty-Week Cancer Exercise Program

Program Overview:

Research continues to indicate that exercise has significant benefits for people coping with cancer. Exercise enhances quality of life and reduces symptoms during and following treatment.

Our exercise program focuses on restoring and improving the physical well-being of individuals who are undergoing or have completed cancer treatment. The exercise program begins with a comprehensive assessment by a trained Cancer Exercise Specialist who will design a personalized program.

Program components:

- One-hour initial assessment one-on-one with exercise leader
- 2 one-hour supervised classes each week for 10 weeks

What to Wear & Bring:

Please wear comfortable clothing and running shoes and bring a towel and water bottle for the assessment and sessions.

Next Steps:

Once you have your consent signed, please call or book online for information on times and dates and to book an assessment time.

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