



Exercise & Rehabilitation Services and Programs for People Living with Cancer - Toronto

The role of exercise for persons living with, and recovering from, cancer and its treatment has been demonstrated to have tremendous benefit. This has been outlined in the Cancer Care Ontario Guideline Exercise for People with Cancer (2015).

This list of services and programs has been compiled by the Toronto Central Regional Cancer Program Psychosocial Oncology committee; to assist health care providers locate resources in the Toronto Central LHIN.

EXCERPT FROM: Cancer Care Ontario Guideline - **Exercise for People with Cancer**

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See full evidence-based guideline at: <https://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=342805>

RECOMMENDATIONS

1. People living with cancer can safely engage in moderate amounts of exercise (see Recommendation 3) while on active treatment or post completion of treatment.
2. Moderate amounts of exercise (see Recommendation 3) are recommended to improve the QoL, as well as the muscular and aerobic fitness of people living with cancer.
3. Clinicians should advise their patients to engage in exercise consistent with the recommendations outlined by the Canadian Society of Exercise Physiology and the American College of Sports Medicine.
The recommended duration, frequency, and/or intensity are the following:
 - 150 minutes of moderate-intensity aerobic exercise spread over three to five days and resistance training at least two days per week;
 - Resistance sessions should involve major muscle groups two to three days per week (eight to 10 muscle groups, eight to 10 repetitions, two sets); and
 - Each session should include a warm up and cool down.
4. A pre-exercise assessment for all people living with cancer before starting an exercise intervention is recommended to evaluate for any effects of disease, treatments and/or comorbidities.
5. It is recommended, where possible, that people living with cancer exercise in a group or supervised setting as it may provide a superior benefit/outcome in QoL and muscular and aerobic fitness.
6. It is recommended, where possible, that people living with cancer perform exercise at a moderate intensity (three to six times the baseline resting state) on an ongoing basis as a part of their lifestyle so that improvements in QoL and muscular and aerobic fitness can be maintained for the long term.

GENERAL INFORMATION FOR PATIENTS

Canadian Cancer Society page: <http://www.cancer.ca/en/cancer-information/cancer-journey/living-with-cancer/physical-activity-during-cancer-treatment/?region=on>

National Comprehensive Care Network fact sheet for patients: http://www.nccn.org/patients/resources/life_with_cancer/exercise.aspx

Cancer Related Fatigue: <http://health.sunnybrook.ca/cancer-fatigue/> (Video by Dr. Mike Evans and the Odette Cancer Centre)

PROGRAMS AND SERVICES

ORGANIZATION	ELIGIBILITY	DESCRIPTION	LOCATION	CONTACT DETAILS
Wellspring Exercise Program	<p>This program is designed for cancer patients who are in treatment and may be experiencing treatment side-effects.</p> <p>Physician consent is required.</p>	<p>Wellspring's program is based on the research evidence demonstrating the benefits of fatigue and nausea reduction, enhanced mood, weight management, and increased stamina from a regular exercise routine.</p> <ul style="list-style-type: none"> Wellspring's Cancer Exercise Program was developed specifically for the needs of cancer patients by a Registered Physiotherapist and pioneer in cancer rehab in Canada. Under the supervision of an experienced and trained Cancer Exercise leadership team, patients receive an individual assessment, personalized exercise program, an opportunity to exercise with other patients, and instruction on self-managed exercise both during and following the program. For added safety, physician consent is required, and all leaders are CPR trained. 	<p>Wellspring – Downtown Toronto 4 Charles Street East, Suite 400 Toronto, Ontario</p> <p>Wellspring Westerkirk House (Sunnybrook) 105 Wellness Way Toronto, Ontario</p> <p>Wellspring Birmingham Gilgan House – Halton Peel 2545 Sixth Line Oakville, Ontario</p>	<p>Downtown: 416-961-1928 http://wellspring.ca/downtown-toronto/programs/all-programs/cancer-exercise/</p> <p>Westerkirk House: 416-480-4440 https://wellspring.ca/westerkirk/programs/all-programs/cancer-exercise/</p> <p>Wellspring Birmingham Gilgan House – Halton Peel 905-257-1988 https://wellspring.ca/birmingham/programs/all-programs/cancer-exercise/</p>
Wellspring – Yoga for Cancer Recovery	<p>For patients who are in the process of regaining their general health and wellness, as well as for caregivers of cancer patients. Offered on a drop-in basis.</p>	<p>Yoga for Cancer Recovery is designed to provide a fulfilling yoga experience, while also transferring skills and techniques to support self-managed yoga practice outside of Wellspring. The program includes demonstration of various yoga poses that use meditation and breathing techniques and members can follow along only to the extent they are able.</p>	<p>Wellspring – Downtown and Westerkirk House (Sunnybrook) Location 105 Wellness Way Toronto, Ontario</p>	<p>Downtown: 416-961-1928 https://wellspring.ca/downtown-toronto/programs/all-programs/yoga-for-cancer-recovery/</p> <p>Sunnybrook: 416-480-4440</p>

DIRECTORY OF EXERCISE & REHABILITATION SERVICES (November 2016)

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				https://wellspring.ca/westerkirk/programs/all-programs/yoga-for-cancer-recovery/
Wellspring – Yoga for Symptom Management	For cancer patients who have significant adverse symptoms, such as pain, instability, or mobility problems that require a gentle, modified approach to care. Offered on a drop-in basis.	The primary objective of this type of yoga session is symptom relief. In a discreet and respectful manner, the professional yoga leader will request information about the symptom being experienced so that each member’s needs may be accommodated as required. Throughout the class, the leader will provide instruction and demonstration of various yoga poses and incorporate meditation and breathing techniques. Members may follow to the extent that they are able.	Wellspring – Downtown and Westerkirk House (Sunnybrook) Location 105 Wellness Way Toronto, Ontario	Downtown: 416-961-1928 https://wellspring.ca/downtown-toronto/programs/all-programs/yoga-for-symptom-management/ Westerkirk House: 416-480-4440 https://wellspring.ca/westerkirk/programs/all-programs/yoga-for-symptom-management/
Wellspring – Tai Chi	Caregivers, Patients, Volunteers.	Tai Chi is a traditional Chinese system of health preservation which combines movement and mediation to promote emotional, spiritual and physical well-being. This is a ten week workshop, those interested must commit to the full ten week workshop.	Wellspring – Downtown and Westerkirk House (Sunnybrook) Location 105 Wellness Way Toronto, Ontario	Downtown: 416-961-1928 https://wellspring.ca/downtown-toronto/programs/all-programs/tai-chi/ Westerkirk House: 416-480-4440 https://wellspring.ca/westerkirk/programs/all-programs/tai-chi/
Gilda’s Club	There is no referral required & membership is FREE of charge for anyone touched by cancer - adults, teens & children, as well as their families & friends. The following are available group exercise programs.	<ul style="list-style-type: none"> • Men’s Yoga – The yoga instructor Joshua Lewis is available for a men’s only yoga program. Yoga for men is an open level class taught from a man's point of view and designed to introduce men to the benefits of yoga. The class explores physical poses for balance and core strength, breathing exercises, and relaxation techniques to help cope with the impacts of cancer. • Yoga – These classes include: a gentle flow linking conscious breath with movement, restorative poses & guided meditation. • Core Strength Class – This class strengthens the core to help improve posture, reduce back pain, and increase self-confidence. This fitness class will include strengthening moves that focus on creating muscle balance in the midsection, stretches that help to improve posture and reduce tension, and relaxation to ease 	24 Cecill Street Toronto, Ontario	http://gildasclubtoronto.org/calendar/ Gilda’s Club programs 416-214-9898

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		<p>stress. Brigid Dineen is a fitness trainer, yoga teacher and life coach who is excited to help translate the body’s inner strength into outer strength.</p> <ul style="list-style-type: none"> • Eclectic Chair Yoga – This eclectic yoga class blends gentle yoga postures with the breath, chair yoga dance and culminates in deep relaxation. During the deep relaxation, all will go on a journey and arise refreshed, calm and serene. A tie, blanket and pillow are recommended for each class. Classes will be led by Bobbi, a certified yoga instructor who has a passion for igniting the ‘ah’ in students’ lives. • Zumba – Zumba is described as an effortless, fun workout where participants can lose themselves in the music and find themselves in shape at the original dance-fitness party. This low-impact Zumba® class features exotic rhythms set to Latin and international beats. It’s easy to do, effective and totally exhilarating. This class is taught by Carolyn, a passionate, professionally licensed and certified Zumba instructor who loves teaching Zumba because she believes that “every class feels like a party!” • Tai Chi – Tai Chi is an ancient Chinese martial art. Widely used for health promotion, Tai Chi is a sequence of fluid-like body movements to improve balance and mobility. Each session combines controlled breathing, body flow exercises and meditation. This program is in collaboration with Toronto Tai Chi Society of Canada. • Creative Movement with the National Ballet School – In partnership with Canada’s National Ballet School, this creative movement class explores, through contemporary dance, the full potential of the body & its relationship to music. The class offers time for thoughtful physical work with a focus on breath, use of space & gentle stretching. • Pilates – An all-level gentle workout that focuses on strengthening the core muscles of the abdominals and back, through a series of focused exercises that encourages body realignment and imbalance correction. The result is an ease in tension, increased flexibility, and overall ease of motion. 		
<p>The Health, Exercise, Active Living and Therapeutic Lifestyle (HEALTh) Program</p>	<p>Women being treated for and recovering from breast cancer.</p> <p>A doctor referral is required and need to include:</p> <ul style="list-style-type: none"> • A referral form • Relevant clinical notes • A copy of recent blood work and any other relevant test results 	<p>A 6 month program offering a unique blend of education, exercise and peer support. The program provides:</p> <ul style="list-style-type: none"> • Individually prescribed aerobic (cardio) and resistance training exercise • Education about topics related to exercise, breast cancer and heart health • A supportive place for women who are at different stages of their breast cancer treatment • A multidisciplinary team, including a dietitian, a social worker, a registered nurse, a kinesiologist and medical staff, leads our in-class education sessions. External professionals, such as a lymphedema specialist, also participate periodically 	<p>Toronto Rehab 550 University Avenue, Toronto, Ontario</p> <p>Classes are offered once a week on Friday (only) 9:00 am – 11:00 am</p>	<p>416-597-3422 ext. 5207 gerilyn.danischewsky@uhn.ca danielle.barry@uhn.ca</p> <p>http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/HEALTh</p>

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Taking Charge – Healthy Lifestyle Choices After Breast Cancer (Mount Sinai Hospital)	For women who have finished active treatment (chemo, radiation, surgery) for breast cancer.	<p>The goal is to educate women about a healthier diet and physical activity choices that will have a positive influence on their overall health and may decrease the risk of a recurrence.</p> <p>Participants of the program receive a binder with useful information and logbooks where they can record their dietary and physical activities. They will also receive useful equipment they can use during the program and afterwards including a pedometer, water bottle, exercise band, etc. These costs will be covered by donated funds as part of our Table of Plenty Program.</p>	Mount Sinai 12:30-2:30 PM Marvelle Koffler Breast Centre 600 University Avenue Toronto, Ontario	Linda Murcaca: 416-586- 4800 ext. 5190 (press 0) http://www.mountsinai.on.ca/care/mkbc/programs-and-classes/taking-charge/taking-charge
PROGRAMS ONLY FOR Princess Margaret/UHN Patients				
Cancer Rehabilitation and Survivorship Program: <u>C</u>ancer <u>R</u>ehabilitation and <u>E</u>xercise (CaRE) Program (Princess Margaret Cancer Centre and Toronto General Hospital)	Currently open to people who have been treated for cancer at the Princess Margaret Cancer Centre. <ul style="list-style-type: none"> • Outpatient only • Referral by an MD • Medically clear to participate in exercise • English speaking • No cognitive impairment that would prevent comprehension in education sessions/ participation in group setting 	This program will: <ul style="list-style-type: none"> • Comprehensively assess the survivorship and rehabilitation needs of individuals with cancer • Teach participants about exercise and how to perform it safely • Test fitness levels and help to understand what it means • Consist of 8-weeks of group-based (“@ ELLICSR”) or home-based (“@ Home”) exercises • Provide educational classes related to cancer survivorship issues delivered by specialists in each area based on self-management/skills teaching that promotes active lifestyle and wellness • Include follow-up support to deal with cancer-related impairments (such as lymphedema, return to work, sexual health concerns) and assessments to monitor progress over approximately 9 months • Help make a plan to stay active in everyday life 	Department of Supportive Care, Princess Margaret Cancer Centre 610 University Avenue Cancer Survivorship Centre, 2 nd floor Toronto, Ontario ELLICSR Toronto General Hospital 200 Elizabeth Street, Basement Room B PMB 130 Toronto, Ontario	416-946-4501 ext. 2363 survivorship@uhn.ca 416-581-8620 survivorship@uhn.ca
Healthy Steps	Designed for all cancer survivors.	A healing exercise program held at Toronto General Hospital. Helps participants regain range of motion, improve balance, improve swelling caused by lymphedema, improve emotional well-being, promote positive self-image, and help stabilize weight. A medical clearance is required.	Toronto General Hospital 200 Elizabeth Street, Room PMB-130, Toronto, Ontario	To register: 416 505 5578 http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Patient_Education_Classes/Pages/healthy_steps.aspx