



CONTACT INFORMATION

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WHAT IS ACE?

The Alberta Cancer Exercise (ACE) program is part of a study evaluating the benefit of community exercise programs for cancer survivors. ACE will be implemented over a 5-year period (2016-21).

The primary goal of ACE is to help individuals who 1) are currently receiving treatment for cancer; 2) have completed treatment within the last three years; or, 3) are beyond three years and have late effects or treatment-related issues and are referred by physician to the program. Given the many benefits of exercise during and after treatment, the goal is to make ACE part of standard cancer care.

Do you want to have more energy, be stronger, and improve your quality of life?

Funding for this study provided by:



DID YOU KNOW?

Exercise for cancer survivors can:

- Lessen treatment-related side effects such as fatigue, nausea and physical pain/discomfort.
- Diminish depression, anxiety and improve overall quality of life.
- Increase mobility by improving balance, and aerobic endurance.

"The ACE program is a veritable 'gift'. It gave me a sense of purpose that I lacked and a positive feeling that it was possible to feel empowered in my fight with cancer." – ACE Participant

"The ACE program is giving me the encouragement and ability to rebuild what I lost." – ACE Participant

This study has been approved by the Health Research Ethics Board of Alberta. Ethics ID: HREBA.CC-16-0905

WHAT'S INVOLVED?

If you take part in the ACE study, you will be asked to complete 4 assessments over a one year period (start of the study, 12 weeks, 24 weeks and 1 year). Each assessment will take approximately 90 minutes and includes the following:

- Questionnaires to assess quality of life, individual symptoms, and current physical activity levels.
- Medical history and demographic questionnaires.
- Height, weight, and waist/hip measurements.
- Fitness tests include the following:
 - 6-minute walk test to assess functional fitness.
 - Upper and lower body muscle strength and endurance.
 - Lower back, hamstring, and shoulder flexibility.

ELIGIBILITY

To be eligible for this study you must:

- Be pre-cancer treatment, currently receiving treatment, be within 3 years of treatment completion OR have significant, persisting issues related to your cancer and/or its treatments.
- Able to participate in low to moderate physical activity.
- Be 18+ years or older and able to consent in English.

FAQs

HOW LONG IS THIS STUDY?

12 weeks of exercise classes, with 4 scheduled fitness assessments and questionnaires over the first year, and a follow-up questionnaire annually for up to 5 years.

HOW BIG ARE THE CLASSES?

To ensure each participant receives the best quality care, ACE classes are between 10-15 people per class.

HOW MUCH DOES IT COST?

- First 12 weeks are FREE.
- Parking costs may be associated with some sites.

CAN I ATTEND CLASSES AFTER MY 12 WEEKS ARE FINISHED?

Yes! We want to help you become more active for LIFE. Maintenance classes are available for a fee at ACE locations for participants wanting to continue the program past the first 12 weeks. Your instructor can provide you with more information on ACE maintenance programs.

REGISTRATION

If you would like to participate in this study, or have any further questions, please contact the study coordinator in your area using the information on the back of this brochure.