



Sustaining Physical Activity After Cancer Exercise Sessions

Cancer Survivor Physical Activity Research Study



ARE YOU ELIGIBLE?



Who is eligible: Individuals who have completed primary treatment(s) for cancer within the past five years and who are planning to participate in the Fit Cancer program.



What: The aim of this study is to examine the feasibility and effects of a 12-week maintenance intervention on physical activity levels six-months after completing Fit Cancer. Research will consist of physical assessments, activity monitoring, questionnaires, exercise and discussion sessions, and an optional focus group.



When: Research will take place over the course of the 12-week program. Three months after the program ends you will be recontacted to participate in a three-month physical activity maintenance intervention, for a total study participation time of 9-months.



Where: All assessments and the maintenance intervention program will take place virtually, via Zoom videoconference software.

For questions please reach out to:
spacestudy@colostate.edu

Scan the QR code to visit the
study website and learn more.

