



Exercise Intervention for Colorectal Cancer Survivors

COMIRB#18-2436/PI: Leach

Who is eligible: Individuals diagnosed with colon and/or rectal cancer (age 50-80), who have completed surgery, chemotherapy and/or radiation treatment.

What: The aim of this study is to help colorectal cancer survivors increase physical activity, and examine factors that might contribute to maintaining this behavior.

You must be willing to:

- Attend study visits that consist of physical activity and sleep monitoring, measures of fitness, body composition and quality of life, and two blood draws
- Participate in group-based OR personal training exercise sessions at either Colorado State University OR the Anschutz Medical Campus twice per week for 12-weeks

Participation includes:

- Individual fitness assessments
- Supervised exercise with a qualified exercise professional
- Behavioral support and strategies to help maintain long-term physical activity



If you are interested in participating in this study, please contact:
Mary Hidde, Study Coordinator at patplab@colostate.edu or (970) 491-4653

