

# HEALTH & WELLNESS LAB

## Exercise Oncology Education Week

### SESSION DESCRIPTIONS

#### MONDAY, APRIL 26, 2021

**Exercise Oncology: Welcome to our “Exercise Oncology Education Week” – 2:30-2:45 PM MST | S. Nicole Culos-Reed, PhD**

Welcome to our Exercise Oncology Education Week! In this brief 15 minute introductory session, Nicole will share the mission of the Health and Wellness Lab, highlighting ongoing work and resources for colleagues, fitness professionals, and students.

**Exercise Oncology Guidelines: From Prescription to Practice – 3:00-3:30 PM MST | Julia Daun, BKin, MSc, CSEP-CEP**

Join Julia for a 30-minute presentation on the exercise oncology guidelines – moving from prescription to practice. You will leave the presentation with gained knowledge on the current evidence of exercise for cancer, the recommended guidelines for cancer patients and survivors, and how to implement these guidelines into the real-world setting.

**Yoga for Cancer Survivors and Their Support Persons – 3:30-4:00 PM MST | Heather Molina, BSc, 1000hrs RYT, Yoga Thrive Certified**

Join Heather for a gentle 30 minute yoga practice. This practice will be an introduction to anyone interested in exploring yoga throughout their cancer journey, during treatments, and into survivorship. This practice is beginner friendly and open to all levels. Modifications will be provided.

#### TUESDAY, APRIL 27, 2021

**Addressing the Needs of Adolescents and Young Adults Affected by Cancer through Physical Activity – 2:00-2:30 PM MST | Amanda Wurz, PhD, ACSM-CPT, 200-hr CYT**

Join Amanda for a 30-minute presentation focused on addressing the unique needs of adolescents and young adults affected by cancer through physical activity. You will leave the presentation with knowledge on what makes adolescents and young adults affected by cancer unique, what we know about physical activity for this population, and how we can tailor physical activity to offer an age-appropriate supportive care opportunity. You will also learn about what our lab is currently doing to promote wellness and enhance quality of life for adolescents and young adults affected by cancer.

**Screening, Triage and Exercise Prescription Considerations for Safe and Effective Cancer Rehabilitation – 3:00-3:30 PM MST | Lauren Capozzi, MD, PhD, CSEP-CEP**

As an exercise physiologist and physician, Lauren will be sharing her experiences in Medicine to frame how we safely assess and triage cancer patients to the appropriate cancer rehabilitation provider. With the goal of promoting exercise adoption and adherence among all cancer survivors, Lauren will discuss which patients require further assessment from a Cancer Physiologist, Physiotherapist or Occupational therapist prior to exercise, and how to optimize exercise for patients with co-morbidities. In this 30-minute presentation, you will learn about the latest initiatives designed to ensure safe and effective exercise promotion for all cancer survivors in cancer care.

**Exercise Considerations and Modifications with Cancer Treatments – 5:00-6:00 PM MST | Tanya Williamson, BKin, CSEP-CEP**

Join Tanya for a 60-minute interactive presentation on the topic of ‘Exercise Considerations and Modifications with Cancer Treatments’. Within this interactive presentation, exercise modifications and considerations will be presented, discussed and practiced to allow you to enhance your knowledge and practice for important exercise considerations for cancer related treatments and side effects. Come to this presentation prepared to exercise and engage in conversation to enrich your practice.

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## WEDNESDAY, APRIL 28, 2021

### **Building Your Movement Habits: Strategies for Behaviour Change – 2:00-2:30 PM MST | Manuel (Manny) Ester, PhD Student**

Join Manny for a 20-minute live interactive presentation on the topic of establishing sustainable habits for physical activity in your life. You will leave the presentation with valuable strategies and increased confidence for staying active long-term

### **Health Coaching - Building a Positive Motivational Climate – 3:30-4:00 PM MST | S. Nicole Culos-Reed, PhD and Nicole Struthers, MKin, CSEP-CEP**

“It’s not the exercise...it’s the community”. This has been a common theme across our exercise oncology programs. While getting the exercise prescription right is important, delivering it in a positive motivational climate is essential. In this talk, Nicole Culos-Reed and Nicole Struthers will present information on how we can use a positive motivational framework and health coaching principles within group-based fitness classes, to optimize outcomes for participants.

### **Self-Compassion: Living Well with Cancer – 4:00-4:30 PM MST | Justine Dowd, PhD**

Join Justine for a 30 minute presentation on the topic of self-compassion while living with cancer. You will leave the presentation understanding the concept of self-compassion, with strategies to implement it in your own life as well as with your clients.

## THURSDAY, APRIL 29, 2021

### **Exercising at Home: Tips and Tricks – 2:00-2:30 PM MST | Kelsey Ellis, BSc HKIN, MSc Candidate and Delaney Duchek, BSc, MSc Candidate**

Join Delaney and Kelsey for a 30-minute presentation on the topic of exercising at home. You will leave the presentation with tips on how to move more at home, maintain movement in the long-term, and examples of what exercise can look like at home with no equipment necessary.

### **Moving to Online: How to Adapt Exercise Programming to Online Delivery – 3:00-3:30 PM MST | Nicole Struthers, MKin, CSEP-CEP**

Join Nicole for a 20-minute presentation on the topic of ‘Moving to Online: How to Adapt Exercise Programming to Online Delivery’. You will leave the presentation with considerations for safely and effectively transitioning your group programs to an online platform that creates a great, encouraging and challenging environment for clients to workout in.

### **Thrive Centre 101: Foundations, Overview, & Training – 4:00-4:30 PM MST | Julia Daun, BKin, MSc, and CSEP-CEP, Devin Aggarwal, and Isra Al-Ahdal**

Join Julia, Devin, and Isra for a 30-minute presentation on the foundations and overview of the Thrive Centre – an innovative fitness facility for cancer patients, survivors, and their support persons at the University of Calgary. You will leave the presentation with gained knowledge on how the Thrive Centre operates, the individuals involved in supporting the programs and studies at the centre, the volunteer’s role online and in-person, and how to get involved in exercise oncology – next steps following the return of

## FRIDAY, APRIL 30, 2021

### **Pediatric Exercise Oncology: Guidelines, Recommendations, and Next Steps – 3:00-3:30 PM MST | Emma McLaughlin, MSc Candidate, BKinH**

Join Emma for a 30-minute presentation on the topic of pediatric exercise oncology. You will leave the presentation with knowledge on pediatric exercise guidelines and recommendations, and next steps for the field.

### **Making it stick – Maintaining an Active Lifestyle – 4:00-4:30 PM MST | NMax Eisele, BSc in Exercise and Health Physiology, MSc Candidate**

Join Max for a 20-minute presentation on the topic of maintaining a physically active lifestyle. You will leave the presentation with the knowledge and the tools to stay active in your personalized manner.

## SATURDAY, MAY 1, 2021

### **Practice: Online Exercise Class – 10:00-10:30 AM MST | Julia Daun, BKin, MSc, CSEP-CEP and Delaney Duchek, BSc, MSc Candidate exercise oncology.**

Ever wondered what an online exercise class looks like? Join Delaney and Julia for a live 30-minute Zoom exercise class and get ready to move, sweat and have fun! This exercise class will include aerobic and strength movements, done in a “circuit-style,” meaning we will move through movements one after another. In just half an hour, you will get a full body workout, leaving you feeling more energized! The best part? You can participate from your home – no equipment required! This exercise class is open to everyone and ALL levels of exercise!

