



A BEST PRACTICE EXERCISE MEDICINE PROGRAM FOR PEOPLE WITH CANCER

EX-MED Cancer is a not-for-profit health service

• PROGRAM OVERVIEW:

- All cancer patients across all stages of treatment receive an individualised, cancer-specific exercise prescription
- 4-month structured, supervised, cancer-specific exercise program delivered by oncology specialist exercise physiologists in community-based exercise facilities (i.e. local gyms and leisure centres close to patients home or work)
- Patients receive 3 x 1 hour individual sessions, 36 x 1 hour group-based sessions & a 4-month gym membership
- Evaluation of 200 patients demonstrates ↑ 20% physical function, ↓ 17% fatigue, ↓ 10% distress, ↑ 15% QoL & patients identified profound changes to their lives, not just to their physical and mental wellbeing, but also to their ability to move past cancer and re-engage more fully in all aspects of their life

• LOCATIONS:

1. CBD 2. Coburg 3. Hawthorn 4. Caulfield 5. Sunshine • additional locations to open soon [pending funding]

• COST:

- ~\$30 per week for 4 months (\$500 total cost); this fee is 60% cheaper than industry standard rates

• REFERRAL PROCESS:

- Provide patient name and phone number to EX-MED Cancer by:
 - Web – www.exmedcancer.org.au/enrol-or-refer
 - Phone – 1300 EX-MED Cancer (1300 396 332)
 - Email – exmedcancer@exmedcancer.org.au
 - Text – 0421 943 875
- Promotional materials available including flyers, posters & a prescription pad (contact EX-MED Cancer for hard copies)



“Amazing program! I feel as if I am gaining control of my life again. Best thing I’ve ever done” – Catherine

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