



Best-practice exercise medicine  
program for people with cancer

[www.exmedcancer.org.au](http://www.exmedcancer.org.au)



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

# EX-MED cancer



**“EX-MED Cancer is one of the best things that happened to me. It gave me a new life and a more optimistic, stronger me. Helped with not only my physical health but also my mental health. I am so very grateful for this opportunity.”**

– Ayn, 39 year old breast cancer patient

EX-MED Cancer is a 4-month exercise medicine program designed for people with cancer based on the latest scientific advances.

You'll receive an individually prescribed exercise medicine program specifically tailored to you and will be exercising with a small group of other cancer patients at a fitness centre close to your home or work.

You'll be supervised by qualified exercise physiologists who specialise in exercise for people with cancer.



**For more information please contact**

**T:** 1300 EX MED Cancer (1300 396 332)

**E:** [exmedcancer@exmedcancer.org.au](mailto:exmedcancer@exmedcancer.org.au)

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**“Amazing program! Supportive, tailored program that provides physical and emotional benefits. Every person with cancer should do EX-MED Cancer.”**

– Silvana, 64 year old lung cancer patient

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**“Absolutely love the program. Enjoying it much more than I thought I would. I’m much happier and healthier and the program has really helped with my fatigue.”**

– Tim, 21 year old brain cancer patient

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**“Who’d have thought that hard work in the gym would have been something to look forward to at 65?! I’m feeling the benefits both physically and mentally. I’d personally be lost without it.”**

– Mike, 65 year old bladder cancer patient

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