



## CANCER PREVENTION & RESEARCH INSTITUTE OF TEXAS

Award ID:  
10-10

Project Title:  
Cancer Foundation for Life Physical Conditioning Program

Award Mechanism:  
Legacy Grant

Principal Investigator:  
Lowry, Wendy

Entity:  
Cancer Foundation for Life

### Lay Summary:

This program replicates a physical conditioning program started in Tyler, Texas, that offers on-going physical conditioning support to cancer survivors, families, and caregivers in the Dallas area. Services are free of charge. Patients are referred by a physician into the program, are evaluated, and receive a customized exercise program based on their unique needs. The program includes exercises such as treadmill walking, elliptical, lower and upper body stretching and strengthening using stretch bands and dumbbells, and core muscle strengthening using the Swiss ball and/or the Safety Squat machine. Sites are located in facilities such as community centers, churches, hospitals, or in the home. Community partners donate space and utilities while the program provides equipment and expertise. The project currently supports six sites: First Baptist of Plano, First Baptist of Garland, Gilda's Club North Texas, Mesquite Cancer Center, Methodist Hospital, and Baylor Sammons Cancer Center. The applicant has enlisted program evaluation professionals from the College of Nursing at the University of Texas at Tyler and is producing data that supports the use of physical rehabilitation and a long-term physically active lifestyle to improve the quality of life for cancer survivors.