

Sustaining Physical Activity After Cancer Exercise Sessions

NCT06359210

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Colorado State University |
| Enrollment | 105 participants |

Key Eligibility Criteria

Inclusion (5)

- e18years old,
- Able to speak/read English,
- Diagnosed with any type of cancer,
- Completed primary or adjuvant treatment (i.e., chemotherapy, radiation therapy, surgery) within the previous five years, with no planned treatment within the next nine months. This does not include long-term or chronic therapies such as anti-hormone or targeted therapies (e.g., aromatase inhibitor, androgen deprivation therapy),
- Participant is registered/enrolled to participate in one of three community-based exercise programs.

Exclusion (3)

- Existing participation in e90 minutes per week of at least moderate intensity aerobic exercise AND two or more days per week of resistance exercise or known contraindications for exercise.
- Known contraindications for non-medically supervised moderate or greater intensity exercise (e.g., uncontrolled hypertension, inability to walk without an assistive device)
- Current or planned participation in another exercise oncology program (not one of the three community partner exercise programs), or previous participation in another or one of the three community partner exercise programs in the past 12-months.

Locations (3 total)

Anschutz Medical Center, Aurora, Colorado, United States
Colorado State University, Fort Collins, Colorado, United States
University of Wyoming, Laramie, Wyoming, United States