

Cancer Fitness and Wellness Program



*Nancy B.
Clemente
Cancer Fund*
*With Courage
We Thrive*



**ST PETER'S HEALTH
PARTNERS**
Patient Therapies

St. Mary's Hospital
1300 Massachusetts Avenue
Troy, New York 12180
sphp.com



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About the program

The **Cancer Fitness and Wellness Program** is an eight-week personalized exercise program designed to help individuals manage the physical side effects of cancer treatment and aid in the recovery process.

Our team of skilled rehabilitation professionals works together to empower patients with the tools they need to embrace a healthier lifestyle and decrease the likelihood of a cancer recurrence. The team includes:

- Exercise physiologists
- ACSM certified cancer exercise trainers
- Registered nurses
- Respiratory therapists



Who can benefit?

The program is for individuals with cancer who are currently receiving treatment or cancer survivors who have completed treatment within the last year.

A physician referral is required.

The benefits of exercise

Research has shown that regular physical activity aids in the recovery process and promotes wellness and a balanced, positive state of health. Additional benefits of exercise include:

- Helps regain physical function
- Diminishes pain, fatigue and nausea
- Improves flexibility, endurance and balance
- Reduces severity of treatment side effects
- Improves energy level
- Enhances self-esteem
- Promotes better sleep
- Helps control stress

How much does it cost?

This program is funded by a generous grant from the Nancy B. Clemente Cancer Fund and private donations. After eight weeks, participants may choose to continue exercising in the program for a monthly fee.

The Cancer Fitness and Wellness Program is offered at **St. Mary's Hospital** in the Cardio-Pulmonary Wellness department. Hours are Monday - Friday, 8 am to 3 pm. For more information, please call **(518) 268-5145**.