



FITNESS PROGRAM

Survivors Get Fit

For more information
about participating in
Wellness Center programs,
call or go online:

801-587-4585

www.huntsmancancer.org/wellnesscenter

a reason to HOPE®



HUNTSMAN
CANCER INSTITUTE
UNIVERSITY OF UTAH

2000 Circle of Hope
Salt Lake City, UT 84112

801-585-0303

1-877-585-0303

www.huntsmancancer.org

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HUNTSMAN CANCER INSTITUTE

Part of Huntsman Cancer Institute's Linda B. and Robert B. Wiggins Wellness Center, the Fitness Program offers cancer patients an exercise prescription based on diagnosis, cancer treatment type and phase, and personal fitness goals.

Fitness and Recovery

Physical activity is an important part of cancer recovery. Regular exercise can help survivors in many ways:

- Reduce fatigue
- Increase strength and endurance
- Improve mood and self-esteem
- Increase quality of life and independence

Evidence suggests exercise may also decrease the risk of recurrence in some cancers.

Fitness Program Services

- Physical assessment, including cardiovascular, muscular strength, endurance, flexibility, balance, and body composition
- Customized exercise program
- Individual and group exercise training
- Nutrition counseling



Community-Based Activities

Once you are prepared, the Fitness Program can connect you with a variety of community-based exercise activities:

- Aquatoning classes
- Road biking
- Fly fishing
- Hiking
- Rowing
- Snowshoeing

Through these activities, you can increase your fitness level and enjoy the company of others dealing with a cancer diagnosis.

Activities are open to all current and past Huntsman Cancer Institute patients.

Our Mission: Assist people affected by cancer to improve their quality of life, reduce the side effects of treatments, and increase strength for daily living through exercise intervention.

