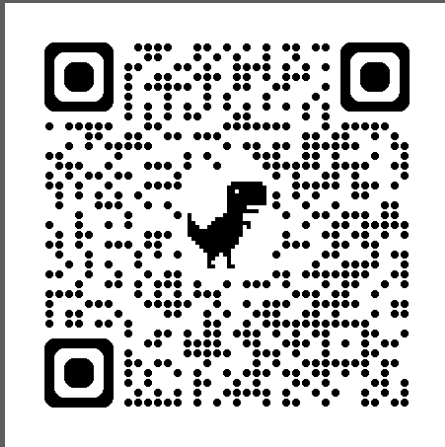




LinkedIn

Elevating community
health through exercise
and social support



AARON WYANT

EMPOWERING ADULTS POST- CANCER: GROUP EXERCISE PROGRAMS FOR SKILL ACQUISITION AND RECONDITIONING

WHAT'S MY "WHY"?



AGENDA HIGHLIGHTS

- Recent Research Demonstrating the Efficacy of Exercise Oncology
- Oncology Exercise Programming
- Correlations of Facilitating Interpersonal Communications and Participant Bonding with Adherence to Long-term Exercise Programs
- Cost-Effectiveness of Exercise Oncology and Building an Interdisciplinary Referral Network

RECENT RESEARCH DEMONSTRATING THE EFFICACY OF EXERCISE ONCOLOGY



CLINICAL EVIDENCE OF EXERCISE IMPACTS ON CANCER OUTCOMES

Tens of thousands of articles have now been published on exercise improving outcomes for patients.



Enhances the Effectiveness of Medical Treatments

Improved blood flow & oxygenation, enhanced immune system modulation, creation of a myokine anti-cancer microenvironment at the tumor site and in circulating metastases, and lowers adiposity and inflammation levels.



Improves Survival & Lowers Risk of Recurrence

Structured exercise programs deliver a 28% lower risk of cancer recurrence or disease-specific death, and a 37% lower risk of overall mortality compared to those receiving standard health education, improving long-term outcomes.



Boosts Immune Function

Physical activity boosts the immune system function, helping the body fight cancer more effectively by boosting T Cells, Natural Killer Cells, etc.



Reduces Severity of Treatment Symptoms & Enhances Recovery

Exercise has been shown to reduce cardio-toxicity, lymphedema, sarcopenia, “chemo brain”, pain sensitivity, neuropathy-related pain, and fatigue in cancer patients during and after treatment.



Elevates Mood & Quality of Life

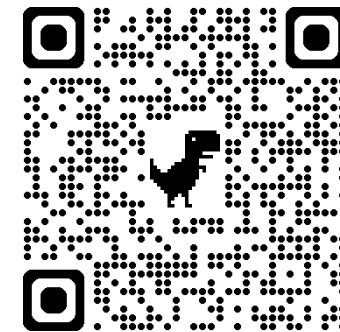
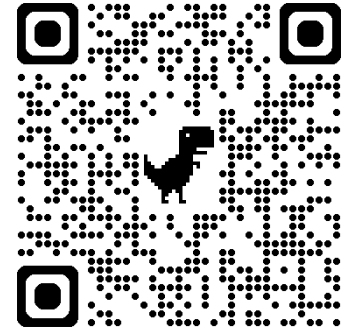
Exercise helps reduce feelings of anxiety and depression while simultaneously elevating physical and mental function.

A photograph of a woman and a young girl exercising outdoors. The woman, in the foreground, is wearing a grey hoodie and black gloves, with her arms raised. The girl, in the background, is wearing a colorful patterned jacket and has her arms raised as well. They are both smiling and appear to be in a park or natural setting.

EXCITING DEVELOPMENTS IN EXERCISE ONCOLOGY RESEARCH

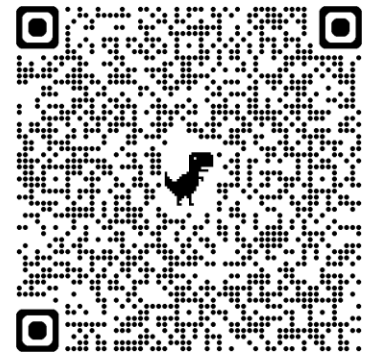
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Dr. Kerry S. Courneya,
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Dr. Robert Newton,
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during chemotherapy in
breast cancer: insights
from the optitrain trial
calling for longitudinal
studies”



ONCOLOGY EXERCISE PROGRAMMING



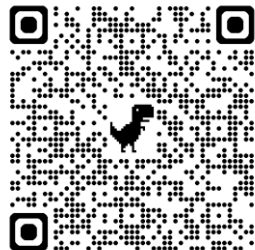
HOW THE EVIDENCE IS CURRENTLY BEING APPLIED

ACS Recommendations for Exercise Cancer Patients

- Improve QOL
- Reduce fatigue
- Enhance physical functioning
- Prevent or improve lymphedema (HAFNITS)

ACSM Guidelines:

- Mirror the "apparently healthy adult".
- Meet patients/clients where they're at and help them see success and progress!



Example Healthcare Systems-based Exercise Oncology Programs

- Triumph Cancer Foundation
- University of Vermont Steps to Wellness
- Cancer Wellness for Life
- Maple Tree Cancer Alliance
- Personal Optimism with Exercise Recovery (POWER) Program
- Memorial Sloan Kettering Healthy Living Program



GROUP EXERCISE PROGRAMMING FOR ADULT SURVIVORS

Empower: to help another affirm their own strengths, motivations, resourcefulness, and autonomy (adapted from *Motivational Interviewing 4th ed.*)

How does exercise empower?

- Metabolic health & energy
- Physicality and self-confidence
- Autonomy & independence

Empowerment via Two Best Practices:

- Evidence-based, progressive resistance training
- Done in the peer support group setting





EMPOWERMENT VIA STRUCTURED SKILL ACQUISITION

- ✓ **Quality > Quantity: treat it like the lab rather than the gym**

Low-risk, trial-and-error biomechanical practice leads to quality movement learning and drives self-efficacy.

- ✓ **Finding the “new normal” through skill acquisition**

Physiological health outcomes involve practice, error, feedback, and confidence to safely develop the skills necessary for long-term progress and adherence to exercise behaviors.

Lead with empathy and recognize accomplishments!

GUIDING INDIVIDUALLY PROGRESSIVE RECONDITIONING IN GROUPS

- ✓ **Resistance training *MUST* be prioritized!**
 - cachexia
 - LBM, myokines, & metabolic health
 - physical ability & mobility
 - stress resilience/management
- “Strengthen & Lengthen” Familiarization Periodization
- Set clear expectations and educate the foundations
- Postural positions & compound movements for ADLs
- Accommodation and modification before elimination
- Aerobic/anaerobic conditioning & HIIT potential of resistance training
- Educate on an active lifestyle and aerobic health
- Appropriate flexibility training



CORRELATIONS OF FACILITATING INTERPERSONAL COMMUNICATIONS AND PARTICIPANT BONDING WITH ADHERENCE TO EXERCISE PROGRAMS

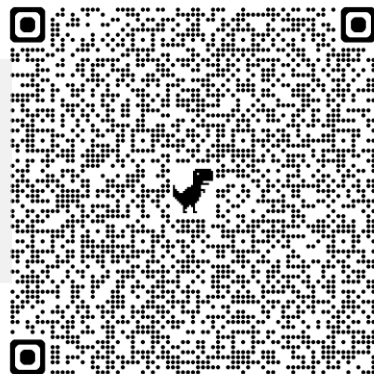


EVIDENCE-BASED MENTAL HEALTH OUTCOMES OF STRUCTURED (ONLINE) SUPPORT GROUPS

- Reduce feelings of isolation, anxiety, and depression (i.e. “scanxiety”)
- Enhance knowledge of psychological coping skills (i.e. finding the “new normal”)
- Improve sense of control & hope (i.e. “NED”, “unremarkable”)
- Reduce attrition while enhancing engagement and the effects of digital health interventions
- Promote well-being and may extend cancer survival

Jacqueline L Bender, et.al., 2021, British Medical Journal, “Establishing best practices in cancer online support groups: protocol for realist review”

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PEER SUPPORT GROUPS AND THEIR INFLUENCE ON MOTIVATION

Emotional Support Benefits

Peer groups provide emotional encouragement, helping individuals stay motivated through a “take a hand, lend a hand” camaraderie.

Shared Experiences Impact

Sharing experiences within peer groups strengthens motivation by creating a sense of accountability and community.

Group Learning Environment

More learning opportunities and relatability.





SOCIAL DYNAMICS FOSTERING TRUST AND ACCOUNTABILITY

Building Trust

Establishing trust within groups creates a safe environment for open communication and cooperation.

Encouraging Accountability

Accountability ensures members consistently participate and meet group commitments.

Overcoming Exercise Barriers

Trust and accountability help individuals overcome obstacles to maintain regular exercise routines.

EFFECTS OF PARTICIPANT BONDING ON LONG-TERM ENGAGEMENT

Interpersonal Bonds

Strong interpersonal bonds help participants stay motivated and committed to exercise, foster deeper intrinsic connections to movement, and maintain their routines over time.

Sustained Exercise Habits

Participants with strong bonds consistently exercise and socialize, boosting long-term health benefits.

Health Benefits for Survivors

Sustained exercise supported by social bonds improves adherence to healthy lifestyle behaviors and health outcomes for cancer survivors.

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COST-EFFECTIVENESS OF EXERCISE ONCOLOGY AND BUILDING A REFERRAL NETWORK





“APPROPRIATENESS” TRIAGE & INTERDISCIPLINARY PARTNERSHIPS

FINANCIAL ADVANTAGES AND HEALTHCARE COST REDUCTIONS

Reduced Hospital Stays

Exercise programs help patients recover faster, decreasing the length of hospital stays and associated costs.

Lower Treatment Complications

Regular exercise reduces treatment complications, improving patient outcomes and lowering healthcare expenses.

Cost Savings and Resource Use

Community-based exercise engagement leads to significant healthcare cost savings and better utilization of medical resources.



THE REFERRAL PROCESS

Physician/Clinician Referral

Begin with a formal referral that details the patient's cancer diagnosis, treatment stage, and current health status.

Program Assessment

An oncology-trained exercise professional reviews the referral and the patient's medical history to determine program suitability.





NECESSARY PATIENT SCREENING

Pre-Exercise Screening

A comprehensive intake to assess for contraindications, comorbidities, and treatment-related side effects such as lymphedema, neuropathy, and fatigue.

Risk Stratification

Evaluate the patient's physical and functional capacity to place them in the appropriate exercise intensity group, ensuring safety and efficacy.

COMPARATIVE ANALYSES OF SUPERVISED VS. UNSUPERVISED EXERCISE INTERVENTIONS



Higher Adherence Rates

Supervised exercise programs promote higher participant adherence due to guidance and motivation.



Improved Health Outcomes

Participants in supervised therapy experience better health results due to structured routines and monitoring.



Greater Cost-Effectiveness

Supervised interventions demonstrate better long-term cost-effectiveness through reduced healthcare needs.

ESSENTIAL PROFESSIONAL COLLABORATION

Open Communication

Maintain a continuous and clear line of communication between the referring medical team and the exercise professionals.

Shared Goals

Co-develop patient-centered exercise prescriptions that complement medical treatment and support recovery goals.

Ongoing Monitoring

Regularly assess patient progress and report any significant changes to the medical team to allow for program adjustments.



CALL TO ACTION

Research Benefits of Group Exercise Programs

Exercise programs significantly improve health outcomes for cancer patients and survivors.

Peer Support Importance

Peer support groups provide emotional support, enhancing wellbeing and recovery.

Collaborative Implementation

Joint efforts and sustained engagement maximize adherence, community health benefits, and economic impact.

**GET INVOLVED!
LET'S CONNECT!**

