

LYNN W. COOK CANCER EXERCISE PROGRAM

Cancer Treatment Have You Down?

Join St. Joseph's free Cancer Exercise Research Study about wearable technology, virtual and home exercise.

A cancer diagnosis and subsequent treatment can leave your body mentally and physically drained. Research has shown that physical activity can help lessen treatment side effects, increase energy and mood levels and restore physical function lost during treatment.

About the Research

Participants will receive instruction from a health professional on how to complete a safe 12 week home exercise program. Prior to beginning the program, participants will be assessed for fitness, strength, flexibility, and balance prior to beginning the exercise program and at the end of the 12 weeks of home exercise. All participants will have a chance to receive a wearable tech device.

Get Started!

For more information about getting started on your exercise program, please contact Paul Vosti at **209.461.5157** or e-mail sjmcexerciseresearch@commonspirit.org. Participation is free and open to the community.

