



## KPE Science Café

# Nourish and Move: Enhancing Cancer Care Through Diet and Exercise

## Resources



# 1

### UHN SURGICAL PREHABILITATION PROGRAM

The Prehabilitation Program aims to optimize health prior to surgery to create physiologic and psychosocial resilience to protect against stress, deconditioning, complications, and chronic morbidity that may occur as a result of surgery.

# 2

### PRINCESS MARGARET CANCER REHAB AND SURVIVORSHIP PROGRAM

The Cancer Rehab and Survivorship program provides many services to address the many side effects of cancer. The goal of these services is to improve your function and health and to help people get back to their life roles and activities.



# 3

### WELLSPRING CANCER SUPPORT NETWORK

At Wellspring, you will find a range of specialized programs designed to provide connection and belonging; ease pain, fatigue and distress; build strength and mobility; and support financial and workplace challenges.



# 4

### ACTIVE MATCH

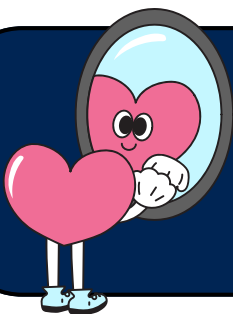
ActiveMatch is a free online service helping individuals to find their (near) perfect exercise partner or small group. The purpose of this service is to help women who have been diagnosed with cancer connect with similar women who are looking for support and guidance to help start, continue, or change their exercise routines.



# 5

### SELF-COMPASSION.ORG

Self-compassion is often a radically new way of relating to ourselves. Research shows that the more we practice being kind and compassionate with ourselves, either using informal practices or formal meditation practices – the more we'll increase the habit of self-compassion.



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Research Studies



1

**PROF. LINDA TRINH**

Learn more about Prof. Trinh's BOOST-UP study, which offers a remotely-delivered exercise intervention for cancer survivors (regardless of diagnosis).

2

**PROF. AMY KIRKHAM**

Learn more about Prof. Kirkham's Ms. FIT study, which aims to produce new evidence, specific to women, on the effects of the physical activity and diet guidelines on the risk of chronic diseases and the well-being of pre- and post-menopausal women.

Ms. Fit BC, for women with a history of breast cancer, is also accepting participants.



3

**PROF. SANTA MINA**

Learn more about Prof. Santa Mina's EXercise for Cancer to Enhance Living Well (EXCEL) study.

4

**PROF. CATHERINE SABISTON**

Prof. Sabiston's study exploring exercise and social support invites 18+ old females diagnosed with cancer to participate in a study examining how shared experiences impact connection, enjoyment, and well-being. If interested, please contact [fengyue.xu@mail.utoronto.ca](mailto:fengyue.xu@mail.utoronto.ca) or fill out the online survey.



**READING MATERIAL**

[How to Prevent Cancer: 33 Small Things You Can Try Today](#)

[Moving Through Cancer](#)

