

## Exercise Before, During, and After Cancer Treatments

Research shows that exercise is safe and helpful before, during, and after your cancer treatment. This handout offers information on the benefits of exercise and a list of exercise programs available to you.

Exercise can help:

- Increase your energy level
- Reduce your fatigue level (help you feel less tired)
- Improve your sleep
- Maintain your muscle strength, joint mobility, and bone health
- Improve your mood
- Reduce your feelings of anxiety and depression
- Manage your stress
- Improve your appetite
- Lower the chance of cancer recurrence for some types of cancer

Talk to your oncologist or surgeon about the potential benefits of exercise for you.

This list of exercise programs is for information only. The Central East Regional Cancer Program does not represent or support any organization or individual on this list. The organizations are listed alphabetically.

1. [Active Living Physiotherapy](#) - Peterborough.

You will be assessed by a physiotherapist and provided with an individualized exercise plan. You need to pay a fee for this program. Some of the fee may be covered by your private insurance plan. For more information, go to the website found at [activeliving.physio/cancerrehab](http://activeliving.physio/cancerrehab) or call 705-748-2008.

2. [Cancer Fatigue Services](#)

Exercise therapy is the most effective prevention and treatment strategy for cancer-related fatigue. A team of healthcare providers develop a targeted exercise plan to address the specific causes of your fatigue. Call 647-948-8118 to schedule a free consultation and assessment. For more information or to schedule your consultation online, go to the website found at [cancerfatigueservices.com](http://cancerfatigueservices.com)

3. [Hearth Place Cancer Support Centre](#) - Oshawa

There are no fees for these programs.

- [Chair Yoga](#)

Experience all the benefits of gentle yoga in a program designed for those who are dealing with the stress of living with cancer. Each session begins

with deep breathing exercises, followed by various stretches and movements. Each session ends with a short meditation.

- Do it With Ease

This 8-week exercise program is designed to help you regain and maintain your range of motion, build core strength, and enhance physical fitness. All routines are designed for those who have had cancer surgery, lymph node dissection, radiation, chemotherapy, or who deal with chronic fatigue. Program is designed and led by a physiotherapist. A signed Exercise Consent must be completed by your doctor before you can join this program.

- Mindful Movements Yoga

The yoga movements offered in this class are gentle. No previous experience with yoga is required. Yoga mats and blocks are provided by Hearth Place.

- Yoga Nidra

Yoga Nidra is an online class that offers a short series of soft movements, followed by a meditation. The practice focuses on deep relaxation to help promote sleep and relieve general levels of anxiety by calming the mind.

- Gentle Pilates

This is offered as an online evening class. The class facilitator leads the group through a series of movements to help you ease into a good night's sleep. The hour ends with a full-body relaxation meditation.

- Walk Club

Walking is a beneficial activity for your physical and emotional health. Studies show that time spent outdoors is good for your well-being. The social aspect of joining others for a walk is also important. This club meets weekly.

- Pole-Walking for Lymphedema Management

The benefits of pole-walking for individuals living with or at risk of developing lymphedema is supported by research. In the introductory What Is Pole-Walking session, you learn about these benefits, and how to be properly fitted for walking poles. Following that class, you are welcome to join our weekly pole-walking group. Poles are provided for you to use during the class. This class is led by a certified pole-walking instructor.

For more information on the programs offered at Hearth Place, call Stephanie at 905-579-4833 or email [stephanie@hearthplace.org](mailto:stephanie@hearthplace.org).

4. [JA Physio and Wellness Centre](#) - Whitby

Physiotherapy can help you manage the short- and long-term side effects of surgery, radiation, and chemotherapy by customizing a rehabilitation program to:

- Help you build or maintain strength and endurance
- Regain independence
- Reduce stress
- Maintain the energy to participate in daily activities that are important to you

You need to pay a fee for this program. Some of the fee may be covered by your private insurance plan. For more information, call 289-274-5399, email [info@japhysio.ca](mailto:info@japhysio.ca) or go to the website found at [japhysio.ca/contact-us](http://japhysio.ca/contact-us) to complete the online form.

5. [Lifemark Cancer Rehab program](#)

This program offers support from a team of healthcare professionals with expertise in cancer rehabilitation. This team may include a physiotherapist, occupational therapist, kinesiologist, massage therapist, psychologist, and dietitian. This team works together with your healthcare team (with your consent) to ensure you receive the right treatment. You need to pay a fee for this program. Some of the fee may be covered by your private insurance plan. For more information, call 1-855-485-1344 or go to the website found at [lifemark.ca/services/cancer-rehab](http://lifemark.ca/services/cancer-rehab).

The following locations in the Central East offer cancer rehab programs:

- Ajax - [Lifemark Physiotherapy Harwood and Clements](#)
- Bowmanville - [King Physiotherapy and Foot Clinic](#)
- Oshawa - [Lifemark Physiotherapy King East](#)
- Oshawa - [North Oshawa Rehab and Foot Clinic](#)
- Peterborough - [Lifemark Physiotherapy Peterborough](#)
- Whitby - [Lifemark Brock and Dundas](#)

6. [PrehabRX](#) - online

PrehabRx offers specialized online exercise programs for people living with cancer. You receive an exercise plan created for you and your unique treatment plan and recovery needs. You also receive coaching support. PrehabRx offers exercise programs designed for specific cancer types (examples: breast, colon and lung cancers). These programs are offered at no cost to you. For more information email [contact@prehabrx.ca](mailto:contact@prehabrx.ca) or complete the online form found at [prehabrx.ca/cancer-exercise-program](http://prehabrx.ca/cancer-exercise-program).

7. [Wellspring's Cancer Exercise](#) – virtual program

The focus of the program is to improve your flexibility, strength, cardiovascular endurance, and overall quality of life. It is 12-weeks long with two 60-minute sessions each week and is delivered virtually. You can join this program at any time in your cancer journey. This class is offered virtually under the leadership of exercise professionals trained and experienced in oncology. This program is offered at no cost to you. For more information, go to the website found at [wellspring.ca](http://wellspring.ca) and search for exercise.

8. [Wellspring's Cancer Exercise: Pre-Surgical Program](#) – virtual program

The focus of this program is to help improve your endurance capacity (cardiovascular health) and muscle strength before, during, and after chemotherapy treatments in preparation for your surgery. This program is offered virtually under the leadership of exercise professionals trained and experienced in oncology. This program is offered at no cost to you. For more information, go to the website found at [wellspring.ca](http://wellspring.ca) and search for exercise.

You can also contact your local community centre or YMCA to find out what exercise programs they have to offer.

Ask a member of your healthcare team for a copy of [Exercise for People with Cancer](#). You can also find this handout on Cancer Care Ontario's website at [cancercareontario.ca/sites/ccocancercare/files/ExerciseGuide.pdf](http://cancercareontario.ca/sites/ccocancercare/files/ExerciseGuide.pdf)

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