

Hampson-Mole Cancer HOPE Exercise Program Information/Agreement

Welcome to the H.O.P.E. cancer exercise program at University Hospitals Avon Health Center. The H.O.P.E. program is an exercise program for cancer patients at any stage of treatment (who are currently going through cancer or who have been in remission up to 6 months) tailored to individual goals and needs.

The program includes:

- Group/Personal Training classes 3 times per week
- 10 additional visits to the Fitness Center (classes or individual workouts)
- Education Meetings
- Fitness Assessment (Pre and Post)
- Individualized Exercise Program

Enclosed in packet:

- Health History Questionnaire
- Group Exercise Class Schedules
- Additional Visit Card

What to expect on initial visit:

- Meet with program staff
- Return completed forms and questionnaires
- Schedule day and time for training classes
- Complete or schedule assessment

What to expect at group training sessions:

- Make sure to wear workout apparel and bring water bottle
- Program staff will provide location of sessions

Formula for Success in this program include:

- Attendance. Consistent attendance at the various programs is strongly encouraged. We understand that there are times when you might be exhausted from treatment, but will adapt your program accordingly. Please contact program staff if you will need to miss a workout.

Thank you for choosing the HOPE program at University Hospitals Avon Fitness Center.

We look forward to working with you!

Please let any of the program staff know if there is anything we can do to help ensure your success.

Program Staff:

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I _____ (please write legibly) agree to follow the above expectations of the HOPE Cancer program.

Signature

Date

Program Staff Initials _____