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**Name of Journal:** *World Journal of Clinical Oncology***Manuscript NO:** 64145**Manuscript Type:** ORIGINAL ARTICLE*Clinical and Translational Research***Impact of community-based exercise program participation on aerobic capacity in women with and without breast cancer**

Jordan T Lee, Chad W Wagoner, Stephanie A Sullivan, Dean J Amatuli, Kirsten A Nyrop, Erik D Hanson, Lee Stoner, Brian C Jensen, Hyman B Muss, Claudio L Battaglini

**Abstract**

BACKGROUND

The Impact of Community-Based Exercise Program Participation on



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## [Evaluation of a Community-Based Exercise Program for ...](#)

<https://journals.lww.com/cancernursingonline/...>

Randomized controlled trial and non–randomized controlled trial **exercise** interventions have shown that **exercise** can improve physical function, cardiovascular **fitness**, muscular strength, body composition, levels of fatigue, depression, and overall HRQL. 4–9 In addition, **exercise** can reduce recurrence and mortality rates for **breast cancer** survivors. 10–12 Despite the potential benefits, most **cancer** survivors experience significant declines in **exercise** ...

## [\[PDF\] The Effects of a Ten-Week Multifaceted Exercise Program ...](#)

<blogs.elon.edu/jsptr/files/2015/05/JSPTTR-Volume-8-Number-2-Article-3.pdf>

Inactivity in the **breast cancer** population has been shown to have potentially negative consequences.

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## [\(PDF\) Effects of a Community-Based Multimodal Exercise ...](#)

<https://www.researchgate.net/publication/301942379...>



PDF | Purpose: **Breast cancer** and oncological treatment can result in significant acute and late localized and systemic negative **effects** on... | Find, read and cite all the research you need on ...

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## [Effects of Nia exercise in women receiving radiation ...](#)

<https://pubmed.ncbi.nlm.nih.gov/23989030>

Purpose/objectives: To compare a 12-week nontraditional **exercise** Nia **program** practiced at home to usual care on fatigue, quality of life (QOL), **aerobic capacity**, and shoulder flexibility **in women** with **breast cancer** undergoing radiation therapy. Design: Randomized clinical trial. Setting: Large **community-based** hospital in the midwestern United States.



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## Evaluation of a Community-Based Exercise Program for ...

<https://journals.lww.com/cancernursingonline/...>

### Methods

### Results

### Discussion

#### Participants and Setting

All participants were diagnosed with breast cancer and were being treated at the Tom Baker Cancer Centre in Calgary, Alberta. The current study includes participants enrolled in the BEAUTY program between August 2011 and July 2013. Participants were referred to the program through a number of so...

#### Procedures and Program

Over a 12-week period, participants were given an individualized resistance, aerobic, and flexibility training program based on their health history and baseline fitness testing, designed by a Canadian Society of Exercise Physiology–certified exercise physiologist (CEP). The exercise plan included 2 days per week ...

#### Statistical Analyses

Descriptive statistics were calculated for participant's baseline demographics and physical/medical characteristics. Program attendance and program evaluation reports at the 12-week time point are also described. A  $\chi^2$  or independent t test compared participants who had baseline and 12-week data and th...

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## [PDF] The Effects of a Ten-Week Multifaceted Exercise Program on ...

[blogs.elon.edu/jsptr/files/2015/05/JSPT-Volume-8-Number-2-Article-3.pdf](https://blogs.elon.edu/jsptr/files/2015/05/JSPT-Volume-8-Number-2-Article-3.pdf)

program positively influences **aerobic capacity** and strength in women diagnosed with **breast cancer**. The significance of this study is to promote long-term healthy behaviors in women diagnosed with **breast...**

## Model for a Community-Based Exercise Program for Cancer ...

<https://ascopubs.org/doi/full/10.1200/jop.2010.000194>

Sep 21, 2016 · Several studies have suggested that **exercise** can decrease **cancer**-related fatigue and depression, thus improving QOL. 3,6 Furthermore, **exercise** has been shown to be the...

Cited by: 14

Author: Barbara K. Haas, Gary Kimmel

Publish Year: 2011

## Do Yoga and Aerobic Exercise Training Have Impact on ...

<https://doi.org/10.1177/1524725411456560>