

Are you someone living with or beyond cancer looking for exercise guidance?

CSU researchers would like to learn more about how virtual exercise programs can help to improve health in cancer survivors.



Open to people who:

- Are ages 18 and older
- Have been diagnosed with any type of cancer in past 5 years
- Completed primary treatment
- Exercising less than 150 minutes/week
- Speak/read English

Participants will:

- Complete 3 virtual fitness assessments
- Study questionnaires
- Wear a physical activity monitor for 1 week, at 3 time points
- Take part in one of two groups:
 - Meet 2x a week virtually for live, group-based exercise sessions
 - Watch recorded exercise sessions

This study will take place 100% remotely and all study activities will be completed online. Participants will be compensated for their time.

CSU IRB Protocol # 6002

Study Registration

- Scan the QR code
- Learn more about the study
- Register your interest



Contact Information

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