



A holistic exercise and wellness program improving cancer recovery and wellbeing

The latest scientific evidence^{1,2,3} suggests that exercise and activity should be part of every cancer recovery journey.

ReBalance™ bridges the gap between education and implementation with real-time guidance and direction provided to those who have previously, or who still are, fighting cancer.

Our Exercise Physiologists are specialists in cancer recovery and through the **ReBalance™** program you'll receive 4 weeks of exercise physiology intervention where you will be guided in:



All **ReBalance™** programs are individualised to address **your** specific situation and our Exercise Physiologists operate in-person, via video conference as well as over the phone to give you tailored access to this amazing program.

Contact your Insurer to inquire about starting a **ReBalance™** program today.

¹ Kampshoff, Caroline S. et al. "Randomized controlled trial of the effects of high intensity and low-to-moderate intensity exercise on physical fitness and fatigue in cancer survivors: results of the Resistance and Endurance exercise After ChemoTherapy (REACT) study" BMC Medicine. Vol. 13. No. 275.
² Meneses-Echavez, Jose Francisco, et al. "Effects of supervised exercise on cancer-related fatigue in breast cancer survivors: a systematic review and meta-analysis" BMC Cancer. Vol 15. No. 77. 2015. ³ Mock, Victoria, et al. "Fatigue and Quality of Life Outcomes of Exercise During Cancer Treatment" Cancer Practice. Vol. 9. No. 3. pp. 119-127. 2001.