

Summit Cancer
Solutions –
Cancer Exercise
Training Program

*Call
today!!*

303-409-2206
info@summitcancersolutions.org

6612 South Ward Street
Littleton, CO 80127
303-409-2241 fax
www.summitcancersolutions.org

REGISTRATION FORM—Jan. 2011

Registration options: call 303-409-2206 or mail this form to Summit Cancer Solutions with your check for \$390 or credit card information.

Date: _____

Name: _____

Address: _____

Phone: _____

Email: _____

Employer: _____

Do you currently work as an exercise physiologist or recreation center professional?

Have you had previous experience with cancer patients or other chronic disease populations? If so, what experience?

Do you currently work for a recreation center? If so, what recreation center?

Payment information: _____ check enclosed _____ credit card

Card type (circle one): Visa Mastercard Discover

Card number: _____

Name on credit card: _____

Expiration date: _____ Security code: _____

Summit Cancer
Solutions

CANCER
EXERCISE
INSTRUCTION
PROGRAM

JANUARY 22 & 23, 2011



Summit Cancer Solutions – Cancer Exercise Training Program

January 22 & 23, 2011



Summit Cancer Solutions has been providing exercise programs to cancer survivors for over twelve years and has helped over 1300 cancer survivors.

Summit is excited to be expanding its mission to include a “Train the Trainer” program by offering education to exercise physiologists and other recreation professionals on its Cancer Exercise Program.



The goal is to create a small army of cancer-trained exercise physiologists so that cancer survivors across Colorado, and beyond, will have access to Summit’s program in their communities!



Continuing Education Units—The Colorado Professional Certification Board has approved this training for Continuing Education Units.

Contact Summit Cancer Solutions for more information & to register:

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The TWO-DAY training program includes:

- All necessary administrative forms and procedures provided to run the program
- Training and Reference Manual
- Fitness assessment procedures, covering all levels of cancer clientele
- Exercise prescription that incorporates cancer-specific limitations on each client.
- Implementation of prescription
- Organization of class structure
- Hands on assessment experience
- Cancer-related exercise challenges
- Information on chemotherapy & radiation treatments, including associated side effects
- Surgical sites and limitations associated with them
- Ongoing support and consultation with Summit exercise physiologist on unique participant needs
- Certification of Completion for qualifying individuals



How is Summit’s training unique?

Summit’s Exercise Training Program is a complete turn-key program. Participants will leave with the knowledge, experience, and related paperwork to bring a cancer exercise program to their own organization. Summit provides ongoing administrative and program advice and support.

Minimum requirements for participation:

- 2 or 4 year degree in exercise physiology, exercise science, or related field
- ACSM or other accredited certification
- Red Cross/First Aid certified
- Experience with physical assessments (experience with blood pressure measurements, VO2 calculations, etc)

Required equipment:

- Assessment equipment (blood pressure cuff, heart rate monitor, skin caliper, etc.)



Cost: \$390

Reviews from participants:

"The groundwork completed by Summit provides an excellent cancer rehab foundation for the recovering cancer patient."

Keith T., HealthOne

"The training provides you with the knowledge and paperwork you need to run a successful program. I learned a lot about cancer exercise prescription that I was not able to find on my own. There's not a lot of research out there but this program takes you through it all."

Sarah L., Saint Mary's
Center for Health & Fitness