

# Can exercise improve well-being for cancer survivors?

Participants needed for National Institutes of Health study



## Why is the study being done?

This study is being conducted to determine whether Tai Chi or indoor stationary cycling best helps cancer survivors improve physical fitness and well-being, reduce stress, and favorably affects blood cholesterol and triglyceride levels.

## What are the exercise programs?

- Tai Chi consists of a series of slow movements coordinated with deep breathing and mental focus, combining aspects of traditional physical exercise and meditative practice.
- Indoor stationary cycling (also known as “spinning”) is a high-energy, yet low-impact workout that simulates an outdoor bicycle ride.

## What will you be asked to do?

You will be randomly assigned (by chance) to participate in either a Tai Chi class or an indoor stationary cycling class.

You will be asked to:

- Attend a 1-hour long exercise class three times per week for 12 weeks at the NIH campus in Bethesda, Maryland
- Attend 3 additional study visits at the NIH for tests of physical fitness, a simple blood test, and to complete several questionnaires

## Who can join?

Disease-free cancer survivors between 18-65 years of age who have:

- Received chemotherapy and/or biologic therapy as part of cancer treatment
- Completed treatment at least 2 years following their initial diagnosis or at least 5 years after cancer recurrence

**For more information, call the NIH Patient Recruitment and Public Liaison office at 1-800-411-1222.**

*The study is being conducted by the National Center for Complementary and Alternative Medicine, part of the National Institutes of Health, the primary Federal agency for conducting and supporting basic, clinical, and translational medical research.*