

# News Release

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## New Fitness Opportunity for Patients on Cancer Journey

*Ironworks Gym Program Provides Focused Support for Tailored Exercise Program*

**SARNIA & PETROLIA – June 6, 2019** – Bluewater Health and Bluewater Health Foundation are partnering with Ironworks Gym in Sarnia to offer the *RENEW Exercise Program* for those preparing for, dealing with, or recovering from cancer treatment. The program helps participants heal from the physical and emotional side effects of cancer and cancer treatments. The program at Ironworks begins in July and registration is open.

In the RENEW Exercise Program, participants work with specially-trained fitness instructors to build strength and confidence. The program allows participants to start slowly and go at their own pace in a welcoming and supportive environment while enjoying the camaraderie of other patients undergoing treatment.

“Research indicates people living with cancer, on active treatment or those who have recently completed treatment can benefit greatly from a moderate amount of regular exercise,” says Dr. Ken Yoshida, Oncologist. “Exercise during cancer treatment helps to counteract side effects (such as fatigue), and may have beneficial effects on cancer recurrence, progression, and prognosis as well as quality of life, bone health, and cardiovascular and muscular fitness. During and after treatment, many patients can’t complete tasks they were able to do before. Exercise can help them regain those skills but it may be difficult to participate in generic fitness programs that don’t take into consideration the complex physical and emotional challenges they face.”

The 60-minute RENEW Exercises Classes run twice a week, year round. They include light to moderate strengthening and toning exercises led by specially trained instructors who have received Cancer and Exercise Training for Health Professionals certification from THRIVE Health Services (University of Calgary). Exercises are modified to allow participants to work at their own pace and meet their personal goals.

All active patients at the Bluewater Health Cancer Clinic who are currently receiving treatment or are in follow-up care are eligible for the program, with a physician clearance. Thanks to the generous support of Bluewater Health Foundation and its donors, participants pay a subsidized fee of \$40 for their first 10-week session. For a full list of locations, schedules and registration information, please visit [www.wrh.on.ca/RENEW](http://www.wrh.on.ca/RENEW). To make a donation to support this program please call 519 464 4408 or visit [www.bwhf.ca](http://www.bwhf.ca).

RENEW is part of the Erie St. Clair Regional Cancer Program in conjunction with several gyms across the region and since the program began at Windsor Regional Hospital WRH in 2013, more than 400 people have participated.

Bluewater Health, with locations in Sarnia and Petrolia, cares for the residents of Sarnia-Lambton. With close to 2,500 staff, Professional Staff and volunteers, Bluewater Health provides an array of specialized acute, complex continuing care, allied health and ambulatory care services. Bluewater Health’s Mission is: *We create exemplary healthcare experiences with patients and families every time*. For more information about Bluewater Health, visit [www.bluewaterhealth.ca](http://www.bluewaterhealth.ca) or follow us on Facebook, Instagram, LinkedIn, Twitter and YouTube.

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