



Bfit Bwell
A WELLNESS STRATEGY FOR CANCER SURVIVORS

Cancer Exercise Program

Exercise during treatment has been proven to:

- Decrease depression and anxiety
- Reduce feelings of fatigue
- Increase strength and cardiovascular function
- Establish healthy lifestyle habits
- Improve quality of life

Do you qualify? Are you a

Current patient of the University of Colorado Cancer Center?

AND

Currently undergoing treatment or no more than 6 months post-treatment?

(chemotherapy, radiation, surgery, etc.).

Participants will receive:

- A comprehensive pre- & post-assessment
- Three months of individualized one on one and semi-private training sessions designed by a Cancer Exercise Specialist
- Access to the Anschutz Health & Wellness Center

To learn more or to apply online, please visit us at anschutzwellness.com/bfitbwell

Enrollment is limited and on a first come, first serve basis, so call or apply online today!



BfitBwell Graduate

“Cancer doesn’t win. I am fit; I am well, and I will forever be grateful for the gift of fitness with the help of the amazing BfitBwell Team” **-Susan**

BfitBwell is a collaboration between the CU Anschutz Health and Wellness Center, Anschutz Medical Campus, and UHealth

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