

# Diagnosed with a gynecologic cancer cancer?

## Interested in trying new ways to exercise?

Come try out different types of exercise at the University of Toronto!

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**Purpose:** Researchers in the Faculty of Kinesiology and Physical Education from the University of Toronto are interested in learning more about how gynecologic cancer cancer survivors feel during and after different types of exercise. You don't have to be fit to be part of this study. Regardless of your fitness level, come find out new and exciting ways to exercise.

**Who?** We are looking for gynecologic cancer survivors to meet the following eligibility criteria:

- Between 18-75 years old
- Diagnosed with a gynecologic cancer (e.g., endometrial, ovarian, cervical)
- Not regularly exercising

**Where?** University of Toronto Athletic Centre, 55 Harbord Street, Toronto, ON

**What does it involve?** The study will involve **3 visits** with at least 3 days in between each visit

- **First session:** fill out short questionnaires and perform a fitness test
- **Second & Third sessions:** a 20-minute bout of exercise varying in intensity. During these sessions, we will be asking you some questions regarding your response to exercise during and after each session.

If you are interested in participating, unsure about your eligibility, or have questions regarding the study, please contact:

**Allyson Tabaczynski**

Masters Student, Principle Investigator

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**Compensation:** \$20 for each visit for a total of \$60. Parking/transit costs will be covered during the study visits.

**Physician Clearance is required to participate.** Your doctor may charge you a small fee. Any costs associated with obtaining this will not be covered by the research team.



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