

WHAT: Are you interested in **free exercise training** and participating in research?

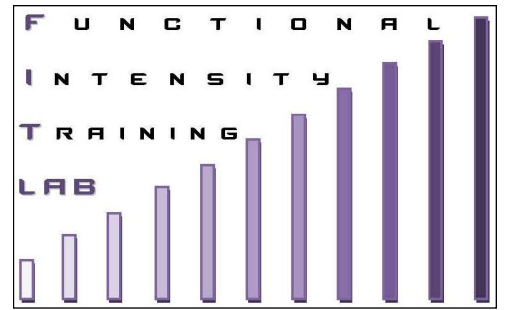
WHO: We are looking for **cancer survivors** ages 35-55 who are not currently receiving cancer treatment (*last treatment within 5 years*)

WHEN: Four week session from **July 8 -August 5**. Exercise sessions will be on Mondays, Tuesdays, Thursdays and Fridays from **6:30-7:30pm**.

WHERE: KSU, Department of Kinesiology, **Natatorium Room 4**

ADDITIONAL DETAILS:

- You **must** be cleared by your doctor to participate.
- Upon study completion you will receive a **\$25 gift card** and a **free month of exercise classes**.



<http://www.k-state.edu/kines/labs/fit.html>

Exercise Training Details

Relative high-intensity shorter duration group-based exercise sessions will incorporate a variety of exercises in time efficient sessions (workouts will be 5-25 minutes). Learn new stretches and skills to improve your health and quality of life.

To see if you're eligible, contact **Katie Heinrich** kmhphd@ksu.edu

