



Cancervive-a-tri - Movement and Meditation Programs

Intended Audience

For all members including people living with cancer, family members and significant caregivers.

Program Description

Cancervive-a-tri is a two month introductory level training program in swimming, biking and running. The goal of the program is to have fun, enjoy the benefits of fitness and learn about the sport of triathlon. Sessions are twice per week beginning in March and the program culminates in May with participation in the Sprint Triathlon called "Try this Tri" at the Foothills Aquatic Centre. The event features a 500m pool swim, a 16 km bike ride, followed by a 3 km walk or run.

Benefits and Impact

Exercise is widely considered essential for health and wellbeing. In this endeavour, there are numerous added benefits such as group camaraderie, inspiring leadership and the confidence of learning a new skill. For Wellspring Calgary members, Cancervive-a-tri can be especially meaningful, a significant achievement that transcends illness and inspires hope. Other measurable benefits include:

- regular exercise which can lead to lower blood pressure, improved energy, weight loss and stress relief
- motivation and focus on a goal
- extreme fun

What to Expect at a Session

Training sessions take place at two locations in Calgary, twice per week for one hour. Each session is learning and skill-based, meaning exertion is low with only a moderate increase in heart rate expected. Each person is coached to his or her individual ability and skill level. Participants are not required to have any previous training or experience. ParQ or PARmed-X forms are required (download from website).

Participant Comments

"Setting a goal and working towards it is gratifying."

"I love the energy."

"I never thought I would be able to do a triathlon."

What the Research Says:

Scientific literature indicates that "physical activity improves cardio respiratory fitness during and after cancer treatment, symptoms and physiologic effects during treatment and vigor post treatment." (Schmitz K.H., et al 2005.)

There is irrefutable evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases (e.g. cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death. (Furthermore) There appears to be a linear relationship... a further increase in physical activity and fitness will lead to additional improvements in health status (Warburton D.E.R., et al 2006).

Program Frequency:

2 hours per week
16 weeks per program
1 session per year (winter)

Member Hours 2012: 298

Members per week (*optimum*): 12

Related Programs:

Exercise and Educate

