



# COLON + EXERCISE PROGRAM

**Exercise linked to 37% reduction in death risk among patients with Bowel Cancer**

The Exercise Medicine Research Institute authored the first national guidelines on exercise for cancer in 2009, updated in 2019. These are now embedded in cancer care across Australia and adopted internationally in more than 70 countries.

This, combined with the CHALLENGE study recently published in the New England Journal of Medicine, confirms that a structured exercise program following surgery and adjuvant chemotherapy reduced the risk of recurrent or new cancer and increased survival for patients with stage III and high risk stage II colon cancer.

At Vario Health Clinic - we have delivered this exercise prescription for more than 20 years and invite participants to join a guided foundation program of exercise, education and nutrition.

## Refer A Patient

Please share this information with your patients and / or provide a Chronic Condition Management Plan to support their participation.

Telehealth options available for remote clients.

Program details on reverse.

## To Discover More

Scan the QR codes to access the study and national guidelines.



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[www.exercisemedicine.org.au](http://www.exercisemedicine.org.au)





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## COLON + Foundation Program

Following detailed medical assessments, testing, DEXA and body composition scans performed by industry leading Accredited Practitioners, you will commence a 12-week program of guided Exercise, Education and Nutrition, with the option to continue in the specialised care of our practice.

## Join Anytime

Prioritise your health by joining our COLON + program anytime. With flexible enrolment and personalised care, it fits seamlessly into your lifestyle. Whether enhancing recovery or taking proactive steps, COLON + supports you every step of the way.

## Telehealth Available

Our telehealth option allows you to consult with exercise physiologists and dietitians remotely, giving you the flexibility to maintain your health journey without geographical constraints.

## Service Fees

Two-part payments options available at prehabilitation and intervention stages where fees vary dependent on delivery choice.

Medicare rebates may be available with a referral as part of a Chronic Condition Management Plan. Additionally, private health insurance coverage may apply, depending on your individual policy.



Exercise Medicine  
Research Institute



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