

Locate an Accredited Cancer Exercise Specialist

As you investigate options, we strongly encourage you ask every potential exercise provider the following questions to help you decide which alternative might be best for you.

Certified specialists will expect you to ask them these questions. They will be pleased to have the opportunity to assure you that you are in good hands!

What is your educational background?

How much experience do you have working with people living with a cancer diagnosis?

Can I talk with someone you are working with now, or who you have worked with in the past, who has received a diagnosis of cancer?

5 Options to Investigate:

1. American College of Sports Medicine (ACSM)
2. Rocky Mountain Cancer Rehabilitation Institute (RMCRI)
3. American Council of Exercise (ACE)
4. Cancer Exercise Training Institute (CETI)
5. YMCA's program "LIVESTRONG at the YMCA"

OPTION 1: American College of Sports Medicine (ACSM)

To locate an ACSM professional in your area, use the URL:

certification.acsm.org/pro-finder

Click on "**here**" at the end of the explanatory paragraph. Then, enter your zip code (postal code) and search.

The names of qualified professionals will be displayed along with their particular certification. There are four possible certifications, which are described and explained below (and on the next page):

- ACSM certified exercise physiologist
- ACSM/ACS certified cancer exercise trainer

- “Exercise Is Medicine” certification - level 1, 2, & 3
- ACSM certified personal trainer

Certified Exercise Physiologist: This is the most demanding credential because it requires a Masters degree or higher. It includes specific cancer-related training that ensures your exercise prescription will be safe and effective.

Certified Cancer Exercise Trainer: This certification is endorsed by the American Cancer Society and requires the greatest amount of cancer-specific training. A cancer exercise trainer possesses in-depth understanding of cancer diagnoses, surgeries, treatments, related symptoms, and the side effects of various therapies.

“Exercise is Medicine” Certification Level 1, 2, & 3: The ACSM and the American Medical Association created the EIM certification system to provide standardized training that physicians will increasingly become familiar with.

Levels EIM 1 and EIM 2 indicate to all physicians (not limited to oncologists) that this person can work with individuals who have been medically cleared for exercise. Level EIM 3 certification indicates to physicians that this person can work with individuals who have been cleared to begin exercise, but may still require clinical support and monitoring.

Certified Personal Trainer: A personal trainer is skilled in developing exercise prescriptions for healthy individuals. Although a personal trainer may have acquired the training and expertise to work with cancer survivors, it is not part of the personal trainer standard curriculum.

Option 2: Rocky Mountain Cancer Rehabilitation Institute University of Northern Colorado (RMCRI)

An RMCRI professional is identified as a Cancer Exercise Specialist (C.E.S.) Certification involves 40 hours on-site and includes practical experience with patients at the RMCRI facility on the University of Northern Colorado campus. Classroom exams and on-site rehab testing are required. To locate an RMCRI professional in your area, use the URL:

www.unco.edu/rmcri

Select “RMCRI Networks” from the column on the far-left side of the website, then search by state.

Option 3: American Council on Exercise (ACE)

To locate an ACE-certified personal trainer, use the URL:

www.acefitness.org/acefit/locate-trainer

Search by Zip Code. All personal trainers who are registered with ACE will appear, organized by geographic proximity. All personal trainers are skilled in developing exercise prescriptions for healthy individuals. Although a certified personal trainer may have acquired the training and expertise to work with cancer survivors, it is not part of the personal trainer standard curriculum.

Option 4: The Cancer Exercise Training Institute (CETI)

To locate an exercise specialist trained by CETI, use the URL:

www.TheCancerSpecialist.com

CETI is a private training organization developed by Andrea Leonard, author of *Essential Exercises for Breast Cancer Survivors* and the EM-POWER program.

Leonard pioneered the field and her institute was the first established in response to the need to provide research-based, current information on exercise therapy as a critical component of cancer recovery. Nancy Howe considers her training materials to be the most comprehensive available for trainers *who work specifically with breast cancer survivors*.

In the center of the CETI site homepage, you will find a directory of specialists who have passed the credentialing program created by Leonard.

Option 5: LIVESTRONG at the YMCA

To learn more about this program and its availability in your community, use this URL:

<http://www.livestrong.org/what-we-do/our-actions/livestrong-programs/ymca/>

or contact your local YMCA. If the YMCA in your area is not providing the program, it is important that you register your demand. Most of the YMCAs that provide the program are east of the Mississippi River.