



HOPE Program



HOPE stands for Helping Oncology Patients Exercise, an opportunity for people coping with cancer to get the greatest possible benefit out of exercise. Developed by an exercise physiologist, the program features 12 weeks of safe and effective exercise classes. The program is located in the gym at Phelps Hall on the campus of UHS Binghamton General Hospital and supervised by exercise physiologists and registered nurses. The program is customized to each individual's needs and capabilities, and all cancer survivors qualify to participate, with provider clearance.

Benefits of Exercise

- Reduce effects of cancer related fatigue
- Increase strength and stamina
- Lessen the risk of osteoporosis
- Decrease feelings of anxiety and depression
- Improve balance and reduce risk of falls
- Reduce nausea

(over)

Exercise...Is it safe?

- Exercise has been proven not only to be safe but is encouraged by the American Cancer Society.
- Exercise has been shown to reduce fatigue, improve mood, and increase physical function before, during, and after treatment.
- Exercise has been directly related to a 25-30 percent reduction in cancer risk.

How do I get started?

- Take this pamphlet to your Physician and have them sign it or have them fax over a clearance to 607-762-2524
- Call 607-762-2178 to set up your initial appointment or transition to the HOPE program upon completion of physical or occupational therapy services

UHS Binghamton General Hospital

Phelps Hall Gym, 20 Mitchell Avenue
Binghamton, NY 13903

607-762-2178

“Your patient _____

DOB _____ has expressed an interest in enrolling into the UHS HOPE Program to enhance his/her physical fitness. If you feel there are no serious limitations to prevent him/her from participating in the exercise program, please sign, date and return to Cardiac Rehabilitation at Phelps Hall.”

Provider signature _____

Date/Time: _____



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UHS Physician Practices

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UHS Delaware Valley Hospital
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