



THE STRENGTH TO FIGHT

EXERCISE ONCOLOGY SERVICES AT UT SOUTHWESTERN

UT Southwestern offers customized exercise oncology services in Fort Worth and Dallas. Two certified cancer exercise trainers see patients at the Harold C. Simmons Comprehensive Cancer Center at Moncrief Cancer Institute in Fort Worth, the Cancer Care Outpatient Building in Dallas, and virtually.



We provide tailored exercise services to assist cancer patients who are in treatment and at any stage beyond. The exercise programs are customized to patients' diagnoses, treatments, and fitness goals. We aim to help minimize the side effects of treatment as well as improve patients' overall health and well-being for an enhanced quality of life.

We offer one-on-one training and group exercise sessions. Our trainers work with patients to improve their balance, endurance, flexibility, strength, and range of motion. These services are offered at no cost to patients through the generous donors of the nonprofit Moncrief Cancer Institute in partnership with UT Southwestern.

A referral from a primary care physician or oncologist is required for patients to enroll in our program. **For more information, call [817.288.9839](tel:817.288.9839).**



“Before starting the program, I was not in good shape. I started off with simple movements and added core strengthening exercises, rowing, lunges, and jumps. Now I can lift my kids and get down on the floor to play with them again.”

– Jessica Guessford, cancer survivor

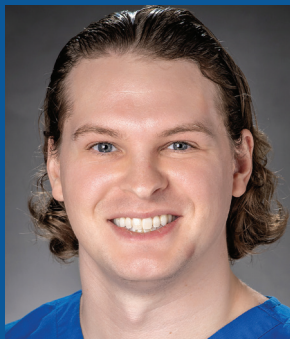


OUR PROVIDERS



LISA ROSS

Lisa Ross is a cancer exercise trainer who received her Bachelor of Science degree in kinesiology from Texas A&M University. She holds multiple certifications from the American College of Sports Medicine— Certified Personal Trainer®, Certified Cancer Exercise Trainer®, and the Exercise Is Medicine® Credential.



DYLAN DURHAM

Dylan Durham is a cancer exercise trainer who received his Bachelor of Science degree in exercise science from the University of Texas at Arlington. He holds a Certified Cancer Exercise Trainer® certification from the American College of Sports Medicine and a Performance Enhancement Specialist certification from the National Academy of Sports Medicine.



MONCRIEF CANCER INSTITUTE

400 W. MAGNOLIA AVE.
FORT WORTH, TX 76104



CANCER CARE OUTPATIENT BUILDING

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DALLAS, TEXAS 75235

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[MONCRIEF.COM/FITNESS-PROGRAM](https://moncrief.com/fitness-program)



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