

# BENEFITS

To date, 11,000 cancer patients have been through the evidence-based Maple Tree Cancer Alliance exercise programs worldwide.

The data shows that clients who participate in MTCA programs, on average, experience:

- 15.2% improvement in cardiovascular endurance
- 18.2% increase in muscular endurance
- 32% increase in flexibility
- 58.7% increase in quality of life
- 19% decrease in average length of hospital stay
- 27% decrease in emergency room visits

Further, clients report feeling significantly less pain and fatigue, with fewer unplanned hospital encounters.

Getting you moving **better**, feeling **stronger** and living **healthier**

Founder of Align  
MTCA Exercise Oncology Educator & Instructor

## BRIANNA WEHNER

We are proud to be partnered with Maple Tree Cancer Alliance as their exclusive New Zealand provider of Exercise Oncology Programmes.

Our MTCA EOI's are here to help you stay active and move well, from diagnosis right through treatment, rehabilitation and through into long term.



Founder and CEO of Maple Tree

## DR. KAREN WONDERS



Karen Wonders, PhD, FACSM, is the Founder and CEO of Maple Tree Cancer Alliance, and Professor of Exercise Physiology at Wright State University. Her passion is to advocate for exercise to become a part of the standard of care for cancer.



## OUR PROGRAMME



### Pre-Habilitation

**Goal:** To obtain baseline measurements and improve functional capacity to reduce treatment-related side effects



### During Treatment

**Goal:** To attenuate treatment-related side effects and protect immune function



### Post Treatment

**Goal:** To reduce the physical and functional limitations created by treatment



### Life Long

**Goal:** To improve physiological and psychological values beyond initial baseline and get clients back to functional health