



**AEROBIC EXERCISE AND
COGNITIVE FUNCTIONING
IN WOMEN WITH BREAST
CANCER**

CO-PRINCIPAL INVESTIGATORS

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WILL YOU BE RECEIVING
CHEMOTHERAPY
for **breast cancer?**

Many women report experiencing 'chemo brain' during and/or after treatment for breast cancer, meaning that they have difficulties remembering, concentrating, and thinking.

The ACTIVATE trial will test if exercise can reduce symptoms of 'chemo brain' in women diagnosed with breast cancer. It will also test if exercise can improve physical and psychological health outcomes.

Taking part in this study involves:

- **Participating in an exercise program designed for your current fitness level**
 - Lasting between 3 and 4 months (depending on the duration of your treatments)
 - 3 exercise sessions per week
 - Supervised by a trained professional
- **Completing study measures five times over a 1-year period**
- **Located at the Behavioural and Metabolic Research Unit (200 Lees Avenue) in Ottawa or the Breast Cancer Training Center (614 W 8th Avenue) in Vancouver**

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