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Integrating Exercise Oncology in the Community Through a Nonprofit Model

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Background: Access to integrative oncology support including exercise and complementary medicine is limited despite strong evidence supporting their benefits for cancer-related symptoms and survivorship outcomes. This case report describes the work of Moving Beyond Cancer Collaborative (MBCC), a community-based nonprofit in Central Texas, that provides exercise and other integrative oncology services for both survivors and caregivers.

Methods: MBCC delivers 11 weekly in-person and virtual group exercise classes (yoga, Pilates, dance, low-impact cardio) and integrative oncology services including acupuncture, massage therapy, and mind-body classes. Program offerings were selected based on evidence that these modalities may reduce cancer-related side effects and improve physical function. Caregivers can participate to promote dyadic health and reduce barriers to engagement. Practitioners are paid independent contractors with advanced oncology training and experience. A donation- and grant-supported funding structure supports sliding-scale or no-cost access to services. Implementation outcomes were evaluated using descriptive data.

Results: From January 1 to December 10, 2025, MBCC had 1,227 exercise class attendances and delivered 1,385 integrative oncology treatment sessions. In-person yoga was the most frequently attended exercise class, and chair Pilates delivered virtually was the least attended class. Financial support from a local cancer center supported delivery of acupuncture in the infusion clinic, demonstrating the feasibility of a collaborative model that embeds nonprofit-led services within clinical care settings. Facilitators for expanding reach and programming included collaboration with cancer centers and other non-profits, sliding scale payment options, virtual classes, and inclusion of caregivers. To improve adherence to and the potential therapeutic benefits of exercise programming, MBCC will transition from drop-in style exercise classes to structured in-person programs delivered by a physical therapist.

Conclusion: MBCC provides an example of a nonprofit model for delivering integrative oncology services, including exercise oncology, within community and clinical settings.

Keywords

integrative oncology, cancer survivorship, community based programs, exercise oncology

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

Author: ZUNIGA, Krystle (University of Texas at Austin, Moving Beyond Cancer Collaborative)

Co-author: GALLE, Mari (Moving Beyond Cancer Collaborative)

Presenter: ZUNIGA, Krystle (University of Texas at Austin, Moving Beyond Cancer Collaborative)

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