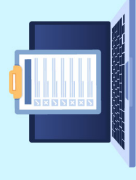


Exercise as Essential Care for Older Cancer Survivors



As the number of cancer survivors aged 65 and older rapidly grows, the absence of age-specific, evidence-based exercise guidance highlights an urgent need for consensus-based exercise recommendations to support their health and independence



Data from:

- Scoping reviews
- Delphi survey (clinicians and exercise professionals)
- Existing cancer and aging guidelines

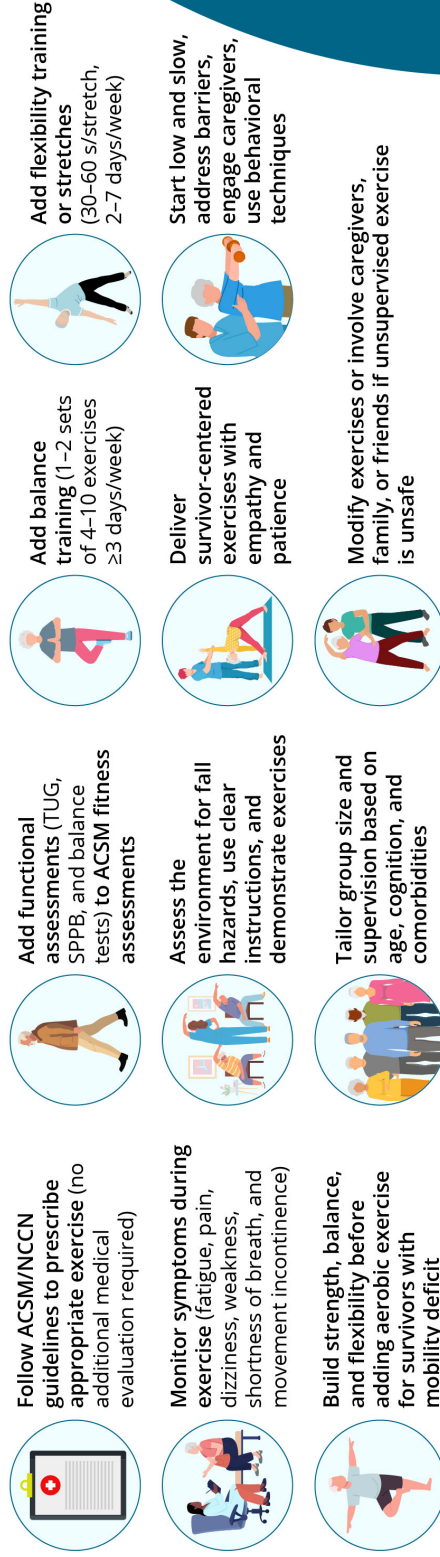


Consensus voting [GRADE Evidence-to-Decision making framework (≥85% agreement)]



Development of consensus-based exercise recommendations

11 consensus-based exercise recommendations for older cancer survivors



ACSM: American College of Sports Medicine; GRADE: Grading of Recommendations, Assessment, Development and Evaluation; NCCN: National Comprehensive Cancer Network; SPPB: Short Physical Performance Battery; TUG: Timed Up and Go

These consensus-based exercise recommendations can guide the delivery of exercise in a way that improves access and minimizes barriers for older cancer survivors to engage in safe and effective exercise that improves their quality of life

WILEY

EXERCISE RECOMMENDATIONS FOR OLDER ADULTS LIVING WITH AND BEYOND CANCER: A CONSENSUS STATEMENT BY THE ADVANCING CAPACITY TO INTEGRATE EXERCISE INTO THE CARE OF OLDER CANCER SURVIVORS (ACES) EXPERT PANEL
WINTERS-STONE *et al.* (2025)

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