**Appendix 1.** BE-BALANCED 12-week program**.**

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| **Week** | **Educational Focus** | **Circuit: Aerobic,**  **Functional Strength & Balance Exercises** | **Flexibility Exercise** | **Goal RPE** | **Home-Based Exercise** |
| **Week 1** | Safety during exercise | 18 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 10 - 12 | Nil. |
| **Week 2** | Benefits of exercise for cancer symptoms and health | 18 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 10 - 12 | Nil. |
| **Week 3** | Benefits of healthy eating (review from nutrition session) | 18 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 11 - 13 | Nil. |
| Standalone 60-minute group nutrition virtual session | | | | | |
| **Week 4** | Self-monitoring Exercise Efforts | 18 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 11 - 13 | 30 – 60 min, 1 session |
| **Week 5** | Review of weeks 1 - 4, Q &A | 24 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 12 - 14 | 30 – 60 min, 1 session |
| **Week 6** | SMART Goal Setting | 24 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 12 - 14 | 30 – 60 min, 1 session |
| **Week 7** | Detailed Action Planning | 24 minutes circuit  2 balance exercises  1 core | 10 minutes full body | 12 - 14 | 30 – 60 min, 1 session |
| **Week 8** | Healthy Eating (review from nutrition session) | 24 minutes circuit  2 balance exercises  1 core  1 sensory challenge | 10 minutes full body | 12 - 14 | 30 – 60 min, 1 session |
| Standalone 60-minute group nutrition virtual session | | | | | |
| **Week 9** | Overcoming Barriers #1 | 30 minutes circuit  2 balance exercises  1 core  1 sensory challenge | | 13 - 15 | 30 – 60 min, 1 session |
| **Week 10** | Long Term Goal Setting | 30 minutes circuit  2 balance exercises  1 core  1 sensory challenge | | 13 - 15 | 30 – 60 min, 1 session |
| **Week 11** | Overcoming Barriers  #2 | 30 minutes circuit  2 balance exercises  1 core  1 sensory challenge | | 13 - 15 | 30 – 60 min, 1 session |
| **Week 12** | Exercising after BE-BALANCED  Sharing resources re community / virtual | 30 minutes circuit  2 balance exercises  1 core  1 sensory challenge | | 13 - 15 | 30 – 60 min, 1 session |