

# The PROACTIVE Program

The Proactive Program is a research study that is testing the feasibility of a physical activity program to support and encourage participants to develop a balanced exercise routine before, during and after transplant.

This can include taking part in exercise sessions with a physical activity counselor and exercising at home on your own or with your care-partner.

The Program activities are scheduled around the times that you are here for bloodwork and seeing your transplant team.

And it is free!

**Contact: Study coordinator Marcia Free, RN for more information at 402-559-8151.**

## Being more active before, during and after transplant:

- Reduces tiredness (fatigue)
- Helps your heart health
- Improves your quality of life and how you feel emotionally
- Strengthens your muscles
- Improves bone health and keep your joints mobile
- Keeps your bowels moving
- Improves sleep
- May help improve your memory