Who can be a part of Moving Forward Together 3?

Women who:

- Are 21 years or older.
- Have been diagnosed with Stage 0-3 breast cancer.
- Do not participate in regular physical activity.
- Are able to walk without assistance.
- Are able to read and speak in English.
- Have access to a telephone.

We welcome your interest!

For questions or additional information about Moving Forward Together 3, please contact:

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Study Website: uof.sc/nursing-movingforward
About the Study

What is the Moving Forward Together 3 study?

Moving Forward Together 3 is a research study aimed at increasing physical activity among women diagnosed with breast cancer. It is being conducted by the American Cancer Society’s Reach To Recovery® (RTR) program and the University of South Carolina (USC).

For 3 months, participants will enjoy weekly phone calls with a RTR coach (who has also experienced breast cancer) about a home-based walking program and other RTR services. You will also be randomized into one of three study groups.

Study Groups

Months 4-9, women will be assigned to one of the groups below and will receive:

Reach Plus
- Feedback reports

Reach Plus Messages
- Feedback reports
- Monthly electronic messages about exercise

Reach Plus Phone
- Feedback reports
- Monthly phone calls with a RTR coach

Why should I participate in this exciting new study?

Read what women who participated in a similar program had to say:

“...”

“The program really stimulates a ‘desire’ to walk! I feel now I want to walk - an important part of my day!”

“I have been very successful at building time for regular activity/exercise into what was previously a very sedentary lifestyle. If it worked for me, it can work for others!”

“It’s nice to be connected to something or someone who understands what you went through.”