Physical activity (PA) has many benefits for cancer survivors. However, the available PA resources for survivors at cancer centers throughout the United States are undocumented. The current study surveyed major cancer centers concerning the availability and types (e.g., facilities, programs, counseling, information resources) of PA resources available. Of supportive care services, PA resources were the least commonly reported. Significant correlations were found among availability of PA resources and other supportive care services. Although many cancer centers reported offering PA programming, formal and informal PA guidance and support seem to fall on oncology nurses and other clinicians. Oncology nurses should be reminded that they may be one of the only sources of PA guidance available to survivors at cancer centers.

Past research has indicated that cancer survivors generally prefer PA counseling and programming that is cancer center-based compared to resources from other locations, such as community fitness centers. In addition, cancer survivors indicated a preference for face-to-face PA counseling rather than guidance from print materials, telephone, or Internet-based counseling. Likewise, other research suggests that healthcare providers in the oncology setting are amenable to providing PA guidance and support to cancer survivors; however, few actually provide recommendations. Research suggests that supportive care strategies for PA may not be readily available at cancer centers.