

CANCER FOUNDATION FOR LIFE®

HISTORY

*A*t the retiring of a distinguished oncology career and after working with thousands of oncology patients, Gary T. Kimmel, M.D., recognized a need for further intervention with his patients before, during and after a cancer diagnosis. Dr. Kimmel believes that cancer should not define one's life experience and that every individual should have the chance to rehabilitate one's emotional and physical well being.

Dr. Kimmel's journey to increase a cancer patient's quality of life began with home visits. Understanding that oncology patients have anxieties and fears but recognizing that patients have the ability to change their outcomes, he worked with a degreed exercise physiologist to develop a fitness program to improve the prognosis of the patient.

The fundamentals of the program are: patient must be physician referred; patient can enter the program regardless of type or stage of cancer; patient can have any degree of disability including wheelchair or oxygen dependency; patient is currently in any stage of treatment; the program is administered by degreed exercise physiologists; and the program is provided at no cost and for the lifetime of the patient.

2001

APRIL 2001

With treadmills in tow, Dr. Kimmel traveled around Smith County making home visits to many home-bound individuals.

JULY 21, 2001

Dr. Kimmel founded a new nonprofit organization with the vision of enhancing cancer treatment through the incorporation of a structured, long-term exercise program for all cancer patients, regardless of their level of disability.

AUGUST 2001

Dr. Kimmel assembled a board of directors comprising of well-established leaders from the medical and business community who shared his vision of enhancing cancer treatment through the incorporation of a structured, long-term exercise program for all cancer patients, regardless of their level of disability.

SEPTEMBER 2001

The organization adopts, incorporates and trademarks the name Cancer Foundation For Life®, symbolizing that exercise is the foundation for life.

SEPTEMBER 2001

The organization registers with the Internal Revenue Service as a 501(c)3 non profit organization.

2002

2002

The organization adopts mission and vision statements.

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2003

JANUARY 1, 2003

Cancer Foundation For Life® opens its first exercise center location at First Christian Church in Tyler, Texas.

APRIL 8, 2003

First participant exercises with Dr. Kimmel in the newly opened center.

2003

The organization registers the internet domain name www.cancerfoundationforlife.org.

2004

2004

Cancer Foundation For Life® opens HOPE Room (Helping Oncology Patients Exercise) at Trinity Mother Frances Hospital in Tyler, TX. HOPE Room is a small exercise room located on the oncology floor of the hospital to introduce exercise for hospitalized patients and to help with side effects associated with treatment. This is the second exercise location for Cancer Foundation For Life®.

JANUARY 1, 2004

Dr. Kimmel exercises patients at an exercise center location in First Baptist Church in Tyler, Texas to serve patients in the northern part of the city, bringing total exercise locations to three.

JANUARY 1, 2004

Cancer Foundation For Life® opens an exercise center location in Jacksonville, Texas, bringing total exercise locations to four.

JANUARY 12, 2004

Cancer Foundation For Life® celebrates its 100th participant in the program.

2005

JANUARY 15, 2005

Cancer Foundation For Life® receives its first \$500,000 donor gift.

FEBRUARY 5, 2005

The Journal of Clinical Oncology publishes a research study of the "Review of Exercise Intervention Studies in Cancer Patients," recognizing the evidence of preliminary positive physiological and psychological benefits from exercise when undertaken during or after traditional cancer treatment.

MARCH 5, 2005

The first full-time employee is hired for the organization and Cancer Foundation For Life® opens Headquarters in Tyler, Texas.

MAY 19, 2005

Cancer Foundation For Life® commences its first research study in conjunction with The University of Texas at Tyler. The five-year research study's purpose was to determine the effects of a community-based program of exercise on the quality of life of persons with cancer over time.

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MAY 25, 2005

The Journal of the American Medical Association (JAMA) publishes a research study demonstrating that exercise improves cancer survival up to 50 percent.

2005

Founders Society established. This society brought together donors who committed \$75,000 over a three year period.

2006

JULY 2006

Cancer Foundation For Life® hosts its first volunteer reception.

AUGUST 24, 2006

The Journal of Clinical Oncology publishes a research study of the "Impact of Physical Activity on Cancer Recurrence and Survival in Patients with Stage III Colon Cancer," concluding that physical activity appears to reduce the risk of cancer recurrence and mortality.

SEPTEMBER 1, 2006

The Cancer Prevention & Research Institute of Texas (formerly Texas Cancer Council) awards a \$300,000 grant to Cancer Foundation For Life® for three years.

2007

JANUARY 1, 2007

Cancer Foundation For Life® enters into a two-year agreement with the Baylor Sammons Cancer Center, bringing total exercise locations to five.

JANUARY 1, 2007

Cancer Foundation For Life® opens exercise centers in Plano, Garland, and Dallas, Texas, bringing total exercise locations to eight.

FEBRUARY 23, 2007

Cancer Foundation For Life® enters into a relationship with The University of Texas at Tyler and signs Education Experience Affiliation Agreement for its internship program.

MARCH 5, 2007

Cancer Foundation For Life® opens an exercise center location in Bullard, Texas, bringing total exercise center locations to nine.

SEPTEMBER 4, 2007

Cancer Foundation For Life® opens an exercise center location in Athens, Texas, bringing total exercise center locations to ten.

SEPTEMBER 18, 2007

First fundraiser is hosted by Drs. Sasha Vukelja and Larry Anderson.

OCTOBER 15, 2007

Cancer Foundation For Life® opens an exercise center location in Mesquite, Texas, bringing total exercise center locations to 11.

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NOVEMBER 26, 2007

Cancer Foundation For Life® opens an exercise center location in Lindale, Texas, bringing total exercise center locations to 12.

2008

JANUARY 1, 2008

Cancer Foundation For Life® opens an exercise center location at Texas Health Presbyterian Hospital Dallas Finley Ewing Cardiovascular & Fitness Center, bringing total exercise locations to 13.

JANUARY 2008

The organization adopts FitSteps for Life® as its name for the fitness and exercise program designed for oncology patients. The FitSteps for Life® program is an individualized, community-based program designed to improve the physical and mental functioning, quality of life, and survival of people living with cancer.

FEBRUARY 2008

The organization registers the name Cancer Foundation For Life® with the U.S. Patent and Trademark Office.

FEBRUARY 1, 2008

Cancer Foundation For Life® opens an exercise center location in Whitehouse, Texas, bringing total exercise locations to 14.

MARCH 25, 2008

Cancer Foundation For Life® receives its first \$1 million donor gift from an anonymous donor.

JULY 1, 2008

Cancer Foundation For Life® opens an exercise center location in Methodist Hospital Dallas, bringing total exercise locations to 15.

JULY 2008

The organization registers the name FitSteps for Life® with the U.S. Patent and Trademark Office.

AUGUST 1, 2008

Cancer Foundation For Life® opens an exercise center location in Richardson, Texas, bringing total exercise locations to 16.

AUGUST 20, 2008

The Journal of Clinical Oncology publishes a research study of the "Influence of Pre-and Post diagnosis Physical Activity on Mortality in Breast Cancer Survivors: The Health, Eating, Activity, and Lifestyle Study," concluding that moderate-intensity physical activity after a breast cancer diagnosis may improve prognosis.

SEPTEMBER 1, 2008

Cancer Foundation For Life® opens an exercise center location in Duncanville, Texas, bringing total exercise center locations to 17.

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OCTOBER 2008

Cancer Foundation For Life® redesigns and significantly expands its website.

DECEMBER 1, 2008

Cancer Foundation For Life® closes its Methodist exercise location, bringing total exercise locations to 16.

2009

MAY 4, 2009

Cancer Foundation For Life® commences its second research study in conjunction with the College of Nursing at The University of Texas at Tyler. The two-year research study's purpose demonstrates a model for a community-based exercise program from cancer survivors.

JULY 20, 2009

The Cancer Foundation For Life® National Advisory Council is created which includes leaders in the fields of oncology and exercise from all over the United States.

OCTOBER 1, 2009

Cancer Foundation For Life® enters into lease/franchise agreement with the Hunt Memorial Hospital in Greenville, Texas bringing total exercise locations to 17.

2010

JUNE 18, 2010

Cancer Foundation For Life® closes its Gilda's Club exercise center in Dallas, Texas, bringing total exercise locations to 16.

OCTOBER 15, 2010

Cancer Foundation For Life® closes its Whitehouse exercise center, bringing total exercise locations to 15.

NOVEMBER 2010

Cancer Foundation For Life® hosts its first Autumn Affair, honoring founding Board Member, Wade Ridley.

2011

JULY 2011

The Journal of Oncology Practice publishes a research study written by Dr. Gary Kimmel and Barbara Haas, PhD chronicling CFFL's development of the FSFL program, "Model for Community Based Exercise Program."

JULY 21, 2011

Ten years after serving its first participant, Cancer Foundation For Life® celebrates "10 Years of Providing a Life-Changing Experience Through Exercise."

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AUGUST 1, 2011

The American College of Sports Medicine new guidelines strongly recommend exercise for cancer patients and survivors. Cancer survivors – including those currently undergoing treatment – can experience a multitude of benefits from exercise. To the extent they are able, cancer patients and survivors should adhere to the 2008 federal “Physical Activity Guidelines for Americans”, which recommends at least 150 minutes per week of moderate-intensity aerobic activity. In general, these guidelines (which are grouped into different age categories) are appropriate for cancer survivors. In particular, the first two words of those guidelines are relevant to cancer survivors during and after treatment: Avoid inactivity.

AUGUST 8, 2011

Cancer Foundation For Life® goes paperless and transitions into customized software. The software component makes all exercise facilities paperless and provides a common database for all participant activity. The software provides measurable outcomes to research analysts for upcoming protocols.

NOVEMBER 8, 2011

The 2nd Annual Autumn Affair honors Cathy and Paul Powell.

2012

FEBRUARY 3, 2012

Cancer Foundation For Life® closes its Athens exercise center, bringing total exercise locations to 14.

NOVEMBER 2012

The Journal of Oncology Practice publishes a second article written by Dr. Kimmel and Dr. Barbara Haas reporting the findings from data accumulated over five years, “Community-based FitSteps for Life® Exercise Program for Persons with Cancer: 5-Year Evaluation.”

NOVEMBER 1, 2012

The 3rd Annual Autumn Affair honors C.C. Baker, Jr.

2013

MARCH 25, 2013

Cancer Foundation For Life® hosts its first golf tournament in memory of founding Board Member Keith Ingram.

AUGUST 22, 2013

Cancer Foundation For Life® closes its Mesquite exercise center, bringing total exercise locations to 13.

NOVEMBER 5, 2013

The 4th Annual Autumn Affair honors Dr. Sasha Vukelja.

DECEMBER 31, 2013

Cancer Foundation For Life® closes its Plano exercise center, bringing total exercise locations to 12.

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2014

FEBRUARY 24, 2014

Cancer Foundation For Life® collaborates with a nonprofit in Scottsdale, Arizona to work toward opening a FitSteps for Life® location. This is the first center in another state, bringing total exercise locations to 13.

MAY 5, 2014

Cancer Foundation For Life® hosts its 2nd Annual Keith Ingram Memorial Golf Tournament.

JUNE 1, 2014

Cancer Foundation For Life® re-opens its Plano exercise center in Aqua~Fit Aquatics, bringing total exercise locations to 14.

JULY/AUGUST, 2014

The Current Sports Medicine Reports publishes a third article written by Dr. Kimmel and Dr. Barbara Haas, "The Role of Exercise in Cancer Treatment: Bridging the Gap."

NOVEMBER 1, 2014

Cancer Foundation For Life® unveils its redesigned website.

NOVEMBER 6, 2014

The 5th Annual Autumn Affair honors Dr. Gary T. Kimmel.

2015

MARCH 7, 2015

FRESH 15 chooses Cancer Foundation For Life® as a beneficiary of race proceeds.

MARCH 26, 2015

Cancer Foundation For Life® closes its Presbyterian Finley Ewing CVC exercise center, bringing total exercise locations to 13.

MARCH 28, 2015

Cancer Foundation For Life® hosts its 3rd Annual Keith Ingram Memorial Golf Tournament.

SEPTEMBER 16, 2015

Cancer Foundation For Life® ends its partnership with the Scottsdale non-profit, bringing total exercise locations to 12.

OCTOBER, 2015

East Texas FitSteps for Life® centers band together for a patient driven Walk-a-thon, showing appreciation for the Tyler Police Department raising over \$15,000.

DECEMBER, 2015

Move On Cancer Campaign is launched. By launching the most ambitious campaign in its history, Cancer Foundation For Life® strengthens the commitment to its mission by starting a movement to ignite the practice of incorporating exercise into routine cancer therapy on a national level.

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2016

JANUARY 1, 2016

Cancer Foundation For Life® celebrates its 15th Anniversary.

FEBRUARY 22, 2016

Cancer Foundation For Life® enters into agreement with the University of Texas Arlington, bringing total exercise locations to 13.

MARCH 5, 2016

FRESH 15 chooses Cancer Foundation For Life® as a beneficiary of race proceeds for a 2nd year.

JUNE 27, 2016

Cancer Foundation For Life® hosts its 4th Annual Keith Ingram Memorial Golf Tournament.

JULY 5, 2016

Cancer Foundation For Life® enters into an agreement with Str3ngth Fitness in Abilene, opening our first exercise center west of Dallas and bringing total exercise locations to 14.

JULY 5, 2016

East Texas Automotive hosts a Benefit Car Show with Cancer Foundation For Life® as the beneficiary featuring actor, writer, and director John Schneider who is most famous for playing Bo Duke on the "Dukes of Hazzard."

AUGUST 1, 2016

Cancer Foundation For Life® opens an exercise center at Texas Oncology - Tyler, bringing total exercise locations to 15.

OCTOBER, 2016

East Texas FitSteps for Life® centers hold the 2nd Annual Walk-a-thon raising over \$12,000.

NOVEMBER 1, 2016

Mrs. Eleanor Cameron receives the 2016 Inspiring Individual Award at the 6th Annual Autumn Affair.

DECEMBER, 2016

The Clinical Journal of Oncology Nursing publishes a research study written by Barbara Haas, PhD and Melinda Hermanns, PhD, "Incorporating Exercise Into the Cancer Treatment Paradigm."

DECEMBER, 2016

The Clinical Journal of Oncology Nursing publishes an article written by Rita Musanti, PhD and Brittany Murley, MSN referencing FitSteps for Life® in "Community-Based Exercise Programs for Cancer Survivors."

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2017

FEBRUARY 21, 2017

Cancer Foundation For Life® opens an exercise center at the Getterman Wellness Center in Waco, bringing total exercise locations to 16.

MARCH 4, 2017

FRESH 15 chooses Cancer Foundation For Life® as a beneficiary of race proceeds for a 3rd year.

MAY 8, 2017

Cancer Foundation For Life® hosts its 5th Annual Keith Ingram Memorial Golf Tournament.

AUGUST, 2017

Cancer Foundation For Life® opens a center at the Baylor Scott and White Medical Center in Plano, replacing the Aqua~Fit Aquatics exercise center, keeping total exercise locations at 16.