

The project *Outdoor Against Cancer: move yourself go out and live* (OaC:mygoal), is an international project funded by the European Commission. The Faculty of Sports and Health Sciences of the Technical University of Munich (TUM) is the project leader and direct contact.

Most of us know that exercise is healthy and beneficial. This applies not only to healthy people, but also to those who are ill. Even serious illnesses such as cancer are no exception. Sport and exercise have a multitude of health-promoting properties that have an effect on the hormone and immune system. In addition, it not only strengthens the body, but also the psyche and mental health - always assuming the right amount.

Fresh air, being outdoors and experiencing nature have a similar effect on the human organism. The combination of sport/exercise and being outdoors offers great advantages, which have been well studied with regard to many types of cancer. The benefits can be observed in primary, secondary and tertiary prevention.

Nevertheless, there are still only a few offers and even the exercise offers for cancer patients during and after therapy only cover the needs of a fraction of cancer patients in Germany.

Accordingly, the project OaC:mygoal is combining the advantages of outdoors and sport/exercise and is creating new offers in this field. Together with four other European countries (Austria, Italy, Sweden and Greece), the project organizes events, trains trainers and provides information to close this gap but also to remove some of the stigma of the disease.

A questionnaire was developed at the TUM to further analyse the needs of cancer patients and their relatives. We would be very pleased if you would take the time to fill it out. It will take about 10 minutes and your data will only be collected in anonymous form, so that no conclusions can be drawn about your person.

You can access the questionnaire via the following link:

<https://www.oacmygoal.eu/survey/en>