Exercise during and after cancer treatment has benefits. Exercise may help you get stronger, improve your function and quality of life, and manage side effects. I recommend that you include exercise into your daily activities. It is important that you exercise safely. To learn how to exercise safely contact a physiotherapist or a community exercise program for people with cancer such as CanWell (YMCA) in Hamilton.

More options

Cancer type ___________ Date of diagnosis __________

Treatments to date:
- [ ] Chemotherapy
- [ ] Radiation Therapy
  (location)
- [ ] Surgery
  (location)
- [ ] Other

More options

Risk factors/side effects
- [ ] Smoking
- [ ] Inactivity
- [ ] Depression/anxiety
- [ ] Stress
- [ ] Visual changes
- [ ] Balance/dizziness
- [ ] Diabetes Type __
- [ ] High cholesterol
- [ ] High blood pressure
- [ ] Skin problems
- [ ] Low blood counts
- [ ] Bone metastases
- [ ] Allergies
- [ ] Nausea/vomiting
- [ ] Loss of sensation (hands/feet/both)
- [ ] Overweight
- [ ] Aphasia (difficulty remembering, speaking, reading or writing)
- [ ] Myopathy

Name __________________________________________

Limitations ___________________________ Date __________

______________________________

Doctor __________________________ (print) __________________ (signature)

More options

Cancer type ___________ Date of diagnosis __________

Treatments to date:
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  (location)
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More options

Risk factors/side effects
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Name __________________________________________

Limitations ___________________________ Date __________

______________________________

Doctor __________________________ (print) __________________ (signature)


The American Cancer Society: section titled “Stay healthy” with information about exercise and nutrition. www.cancer.org/Healthy/index

The Lance Armstrong Foundation: Both cancer survivor and HCP information on numerous topics. www.livestrong.org/


Find a Physiotherapist. www.physiotherapy.ca