

How physical activity can help you



Physical activity is important for everyone.

It can be very important in helping to deal with some of the problems you may face during cancer treatment.

A physiotherapist can work with you to make a plan to help you stay active, doing things you enjoy.

Regular and safe physical activity can help you:

- ✓ feel less tired and have more energy
- ✓ feel more relaxed and sleep better
- ✓ socialize with friends
- ✓ improve your appetite
- ✓ have a healthy weight
- ✓ keep muscles strong and flexible
- ✓ keep bones strong
- ✓ keep your heart and lungs healthy
- ✓ improve posture
- ✓ relieve or manage pain
- ✓ improve balance, co-ordination and movement
- ✓ feel good about yourself and how you look
- ✓ prevent constipation

How to be active

- Do activities you find fun and interesting.
- Plan a variety of activities - that involve strength, balance, coordination and flexibility.
- Have at least 60 minutes of moderate to vigorous activity, most days of the week when you are feeling well. Moderate activity is equal to taking a brisk walk. If this is difficult, start out slowly and gradually exercise for longer times and with more effort.
- Physical activity can be spread out during the day. For example, take a few walks, play some games, go up and down the stairs.
- When you are not feeling well due to chemotherapy or other problems, keep moving as much as possible. Take short walks or do simple activities that encourage movement. Save the more strenuous activities for when you are feeling well.
- Keep track of the time you spend on activities that are not active, such as watching TV, using the computer or playing non-active video games. Take breaks to move around if you are sitting for a long time.
- Enjoy activities with a friend, family member or pet. This keeps you energized and healthy too!
- Do not jump from a height of more than 6 inches (15 cm) if bone density is a concern.



Please talk with your doctor, nurse or physiotherapist:

- **If you have pain or become overly tired during exercise.**
- **If you have concerns about physical activity – considering your blood counts, heart function or need for medical equipment such as feeding tubes.**