

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 \_\_\_\_\_

**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)

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 \_\_\_\_\_

**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)

- ✓ Exercise and education program for people with cancer (CanWell Program, Hamilton, Ontario). 905-667-1515, ext. 8033. [www.ymcahbb.ca](http://www.ymcahbb.ca)
- ✓ The Canadian Cancer Society: General information about cancer and its treatment. [www.cancer.ca/](http://www.cancer.ca/)
- ✓ The American Cancer Society: section titled “Stay Healthy” with information about exercise and nutrition. [www.cancer.org/Healthy/](http://www.cancer.org/Healthy/)
- ✓ The Lance Armstrong Foundation: Both cancer survivor and HCP information on numerous topics. [www.livestrong.org/](http://www.livestrong.org/)
- ✓ National Comprehensive Cancer Network: Cancer survivor treatment guidelines, life with and after cancer, HCP courses and guidelines. [www.nccn.com](http://www.nccn.com)
- ✓ Find a Physiotherapist. [www.physiotherapy.ca](http://www.physiotherapy.ca)

- ✓ Exercise and education program for people with cancer (CanWell Program, Hamilton, Ontario). 905-667-1515, ext. 8033. [www.ymcahbb.ca](http://www.ymcahbb.ca)
- ✓ The Canadian Cancer Society: General information about cancer and its treatment. [www.cancer.ca/](http://www.cancer.ca/)
- ✓ The American Cancer Society: section titled “Stay Healthy” with information about exercise and nutrition. [www.cancer.org/Healthy/](http://www.cancer.org/Healthy/)
- ✓ The Lance Armstrong Foundation: Both cancer survivor and HCP information on numerous topics. [www.livestrong.org/](http://www.livestrong.org/)
- ✓ National Comprehensive Cancer Network: Cancer survivor treatment guidelines, life with and after cancer, HCP courses and guidelines. [www.nccn.com](http://www.nccn.com)
- ✓ Find a Physiotherapist. [www.physiotherapy.ca](http://www.physiotherapy.ca)

