



Tips For Physical Activity After Cancer Treatment

Physical activity improves the health wellbeing of cancer survivors. More research is needed, but physical activity may help stop certain cancers from returning. The benefits of physical activity for survivors are improved cardiovascular fitness, greater muscle strength, better balance, healthier body composition, less fatigue, better motional well-being, improved quality of life, and lower risk of cardiovascular events.

1. **Move more, rest less often.**

Prolonged inactivity on a regular basis is linked to poor outcomes.

Inactivity also raises the risk of having a new cancer diagnosis.

Inactivity is linked to depression and a lower quality of life.

General goals are to move more and not be inactive for long periods of time.

2. **Increase your heart rate.**

Any physical activity is better than none.

Do activities to increase your heart rate.

Engage in moderate or vigorous physical activity 150-300 minutes a week.

During moderate activity you can talk but not sing.

During vigorous activity makes it hard to talk.

3. **Stretch and strengthen your muscles.**

Having stronger muscles will help you do self-care activities, not fall down, and have higher bone density.

Stretching helps with flexibility.

Stretch and strengthen all major muscle groups which are the chest, shoulders, arms, back, core, and legs.

Stretching exercises should be performed on 2 of your heavier activity days.

Resistance training can be performed using weights, bands, or body weight.

Resistance training should be performed 2-3 times per week.

4. **Be aware of cancer-related challenges**

Talk to your care provider before starting your physical activity program.

Special concerns may include lymphedema, ostomy, and peripheral neuropathy.