



Exercise: A Tool for Managing Cancer Side Effects

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TO GET STARTED
Avoid inactivity; moving more and sitting less benefits nearly everyone

FOR OVERALL HEALTH
Aim to meet the current exercise guidelines for adults¹

Moderate Aerobic Exercise **OR** Vigorous Aerobic Exercise
At least 150-300 mins per week **OR** At least 75-150 mins per week
(or a combination of moderate/vigorous aerobic exercise)

+

Resistance Exercise
2x per week

FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT
Research shows lower amounts of exercise can still help with the following cancer treatment-related symptoms:

Cancer-related fatigue

Health-related quality of life

Physical function

Anxiety

Depression

Sleep

Lymphedema²

Bone health²

To improve these symptoms, choose an exercise plan below:

Aerobic Exercise
3x per week
30-60 mins

Helps to manage the following symptoms:

OR

Resistance Exercise
2x per week
2 sets/8-15 reps

Helps to manage the following symptoms:

OR

Aerobic Exercise + Resistance Exercise
2-3x per week
20-40 mins

Helps to manage the following symptoms:

Additional Evidence Emerging

- Sedentary time associated with worse outcomes and increase of mortality.
- Adults who meet physical activity recommendations (aerobic + resistance) have reduced all cause mortality & cancer specific mortality.


Other disease specific research:

- Metastatic colon cancer patients have improved survival with exercise.
- Fitness in early stage breast cancer is correlated with chemotherapy completion.
- Prehabilitation in surgical lung cancer reduces hospital length of stay and post surgical QOL


***not a conclusive list**

What is Exercise?

Movement with a plan, purpose, goal or intention!




- Aerobic/ Cardio**
 - Walking, biking, swimming
 - **Steady duration, generally full body movements.**
- Resistance/ Strength**
 - Squat, Push Up, weights, bands, kettlebell
 - **Muscle Fatigue & Overload**
- Core**
 - Posture Sits, Sit Up, Hip Bridges
 - **Full body support, lower back strength.**

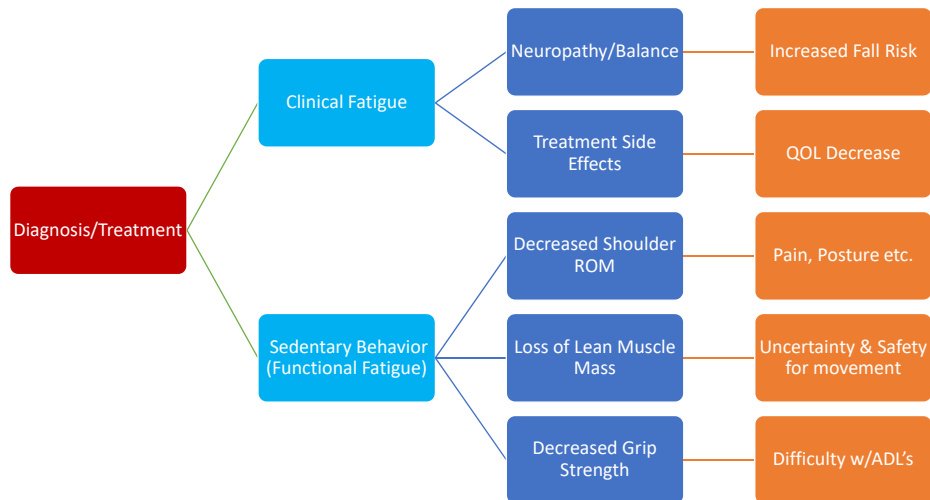


Sometimes you may not feel like exercising!

- Side Effects of Inactivity within 5-7 days**
 - Less blood flow, oxygen uptake
 - Loss of lean muscle, reduced glycogen storage
 - Increased fluid build up in lower extremities
 - More constipation
 - Less appetite & interest in activities
- 10 days of bed rest = Noticeable loss of lean muscle**
 - Strength can decrease by up to 15%
 - Aerobic capacity quickly feels like less.
- 30 days of bedrest = 10% loss of lean muscle**



Functional & Physical Changes Happen




Barriers to Exercise

Don't know what to do	My MD didn't tell me I can	I've never exercised before	I'm worried about hurting myself
Too tired to start	Not Habit or Routine	No Time	Lack of Enjoyment
Lack of Equipment	Is it worth the effort	No support	Many others!






The D.O.S.E Response of Exercise

Dopamine	• Reward Chemical
Oxytocin	• Love Hormone
Serotonin	• Mood Stabilizer
Endorphins	• Pain Killer



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What 2 DO!

-  Build muscle FIRST!
-  Focus on functional movements
-  Start based on current ability

CANCER WELLNESS FOR ALL!

Use ACTive Method to find your starting place.



Take Action

+ 3 months if inconsistent activity
OR limited experience

Start with 10 minutes/daily of
strengthening
Posture & Balance



Challenge Muscles

History of exercise, moves regularly
15 + minutes most days

Strength Training
Add resistance
Core and Mobility



Train for Recs

Generally hits exercise target (any
combination of modalities)

Goal to meet weekly
recommendations –
strive for vigorous !
Functional fitness movements



Karen- 69 y.o. Stage II Breast Cancer

Retired school teacher. Enjoys volunteering, reading, knitting and time with her grandchildren.

Completed Bi-Lateral Mastectomy (no recon), chemo and AI therapy.

Reports fatigue, achiness, some neuropathy in fingers, moderate neck pain (but has full shoulder ROM), difficulty sleeping.

Walks a few times a week with a friend about 2 miles.

Gained 15 pounds since diagnosis and feels that tasks are getting harder.

Open to anything!

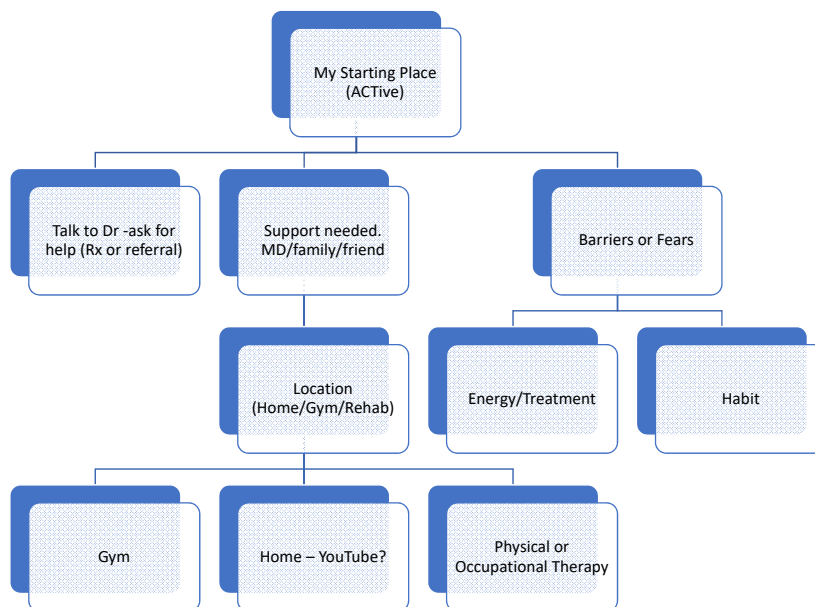


Karen's Exercise Program

Joined Silver Sneakers Online & In-Person Program - 3 x weekly classes

Walks 2-3 x weekly with her friend for socialization. They try one new route each week.

Completes 30 countertop push ups & 30 chair sit to stands daily + stands on each foot as long as possible after breakfast every day.



Simple (not necessarily easy) Strategies



Assess priorities



Set Goals



Make Time (add or Remove)



Start with Strengths



Small frequent steps



Celebrate accomplishments

