

Tips for Managing Physical Activity



Receiving cancer treatment can take a toll on your physical strength and fitness. Try to stay as active as you can, even if you cannot do everything you used to do. The longer a person stays inactive, the more strength and fitness they can lose. You may have to adapt your exercise routines, but it is important to continue moving every day.

Exercise is safe during cancer treatment, unless your care team has told you otherwise. Researchers have found that light exercise (like walking) several times per week can greatly benefit a person's physical function, mood, energy, sleep, and pain. If you need help finding the right exercise plan for you, talk to your care team, or ask to meet with a physical therapist.



Things you can do on your own

- Plan an exercise program you are likely to follow during treatment.
- Keep it safe and fun.
- Ask your friends, family, and coworkers to exercise with you.
- If you have any health problems that might make exercising unsafe (like heart, lung, or balance problems), talk to your care team or a physical therapist before starting an exercise program.
- Work your way up slowly; this can prevent injuries and keep you from getting discouraged.
- Start with small, realistic goals that you can do without too much trouble.
- Listen to your body. On days you don't feel as well, scale back your activity level. If an activity causes pain, stop and rest. You can try again later – maybe a few short sessions.
- Stay hydrated, and drink plenty of fluids before and after you exercise.
- Try to build physical activity into your daily routine.
 - Walk around your neighborhood.
 - Park your car farther than usual from your destination (grocery store, etc.).
 - Use the stairs instead of the elevator or escalator.
 - Do chores or errands.
 - Wear a pedometer or tracking device and try to increase your daily steps.



When to call your care team for help

- If your ability to do things has changed in a short amount of time
- If you are unable to perform your routine daily activities, such as getting out of bed, getting dressed, or eating without help



For more information and support, visit the American Cancer Society website at cancer.org/physicalactivity or call us at **1-800-227-2345**. We're here when you need us.