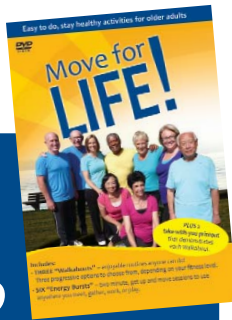


Move for LIFE!

Cancer & Physical Activity



The Move for Life DVD



shows older adults ways to keep strong and healthy by adding physical activity options to their daily routines.

For more information or to order a copy of the DVD please contact:

Health and Seniors Information Line at
1.800.465.4911
www.actnowbc.ca
www.bcrpa.bc.ca

Why it's important to be physically active—

- 👉 Many kinds of cancer can be prevented by eating healthy foods, being physically active and keeping a healthy body weight. Doing these things will also lower your risk of other chronic diseases like diabetes and heart disease.
- 👉 If you already have cancer, being physically active can help you live longer. In the past, people thought cancer patients should just rest. But research now shows that physical activity is helpful before, during and after cancer treatment.
- 👉 Here are some of the benefits of physical activity:
 - ✓ Helps you feel better and less stressed.
 - ✓ Gives you more energy for daily activities.
 - ✓ Improves your quality of life, sleep and appetite.
 - ✓ Promotes self-confidence and a feeling of control over your health.
 - ✓ Helps you cope with discomfort.
 - ✓ Builds strong and healthy bones, muscles, lungs and heart.
 - ✓ Prevents muscle weakness and joint stiffness.
 - ✓ Helps you manage your weight.

Remember - Every Move is a Good Move!

Preparing for activity

BEFORE

you start any exercises

- Check with your doctor or health care team to see what types and amounts of activities are best for you.
- Keep taking your prescribed medication.
- Consider working with a qualified exercise professional to develop an exercise plan. This person should be qualified to work with cancer patients.
- Start slowly and progress gradually with your activity program. Set a realistic goal.
- Do as much exercise as you feel comfortable doing. If you're tired, rest during your activity or do your activity every second day.
- Drink water before and after your activity.
- Do a light warm-up before starting your activity.

AFTER

each exercise session

- Do a proper cool down after being active.
- After your cancer treatment, see your doctor for a follow-up visit to check on your progress and recovery. Tell your doctor about any new symptoms you might have.

Recommended activities

There are many different types of physical activities that can help people with cancer feel stronger, less stressed and better able to do day-to-day activities. To make it easier for you to keep doing your physical activity, choose ones that are fun and easy. It's up to you whether you do them alone or with other people. Sometimes doing physical activity with family, friends or in a group is more enjoyable.

Whether you choose to do physical activities at home or at a fitness centre, working with a qualified exercise professional will help you progress more quickly, comfortably and safely. You can work with an exercise professional in person (at home or at a fitness centre), by telephone or by email.

Some physical activity you might try:

- Walking. This is an especially important activity because it's involved in so many of the things we do every day. It's also fun and easy to do year-round.
- Swimming. If you have trouble walking, swimming provides exercise without jarring your joints.
- Yoga or Tai Chi. These are gentle, relaxing activities that help reduce stress.

Deciding how much to do:

- Start slowly and progress gradually. Start with light activity, then gradually move to moderate and more vigorous activity.
- Over time, increase how often you're active and how long you do the activity. Start with short periods of exercise (5-10 minute sessions) and rest after each session. Gradually build up to 20-30 minutes of continuous activity. Work up to being active 3-5 days a week.

Some tips for pacing yourself:

- Be active when you have energy. Your energy level may change from day to day or during the day.
- Listen to your body and take breaks or change activities when you need to.
- Adjust how hard you're working and how long you're active, based on how you're feeling.
- Some people prefer being active every second day so they have time to recover.
- Do activities that are safe and reasonable for you. Exercise should make you feel better, not more tired or stressed.

Things to watch out for:

- If you have osteoporosis, bone cancer or nerve damage, use light weights instead of heavy weights.
- If you're extremely tired, try gentle stretches, yoga or Tai Chi instead of activities that make you breathe hard (like walking, biking or swimming).
- Take a break if you have difficulty breathing or are extremely uncomfortable.