Being active is important for Cancer

What good things could being more active do for you?

- Improves cancer-related fatigue
- Helps depression
- Helps anxiety
- Improves sleep quality
- Improves quality of life
- Improves cardiorespiratory fitness
- Improves cognitive function
- Improves muscle strength
- Helps joint pain
- Reduces hormone/metabolic dysfunction
- Helps body composition
- Reduces post-operative complications
- Helps lymphoedema
- Helps sexual function

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

- Type 2 Diabetes: -50%
- High Blood Pressure: -50%
- Coronary Heart Disease: -40%
- Cardiovascular Disease: -35%
- Stroke: -30%
- Cancer (Breast, Colon, others): -25%
- Joint and Back Pain: -25%
- Dementia: -21%
- Falls: -21%
- Obesity: -10%

How can being active improve my quality of life?

- Feeling better in yourself can help you cope with cancer
- Physical activity can improve your mood
- Regular physical activity maintains fitness, sleep and fatigue
- Motivation improves, helping you feel more in control
- Being active with friends and family can improve your mood and help everyone cope
Follow these Top Tips to keep you active:

1. Be active everyday, do a little even when you’re tired
2. Pace activity to do a little more on your better days
3. Most people lose some muscle strength during and after cancer. Some muscle soreness is normal after doing activity. Over time, as your body adapts and strengthens, this will reduce
4. Breathlessness is often experienced in cancer. If you have lost fitness, it is normal to find you are more breathless doing activities than you were previously. Do not worry about breathing a little harder because it will help get your heart and lung fitness back to where it used to be.
5. During chemotherapy cycles, you’ll recognise days when you are less and more tired. Pace yourself, so you feel you have been active but do not drive yourself to exhaustion
6. During radiotherapy, tiredness can build up through treatment. Keeping active will still be helping your health and improving your ability to tolerate your treatment even if you are tired. Little and often can be best.
7. Being active in a group or class can give you social support. Remember to wash your hands between shared equipment to prevent bugs spreading
8. Progress by increasing the length of time you are being active before increasing the intensity (how hard you are working)
9. Start new exercises gently, and build up gradually. If you are new to activity build up slowly over 3-6 months.
10. An adequate warm up before and cool down after (5-10 minutes) can help minimise pain, especially if you have joint pain due to disease or treatment
11. Wear supportive footwear – shock absorption and stability are important

Build activity into everyday life:

- Yoga/pilates /tai chi
- Swimming or aqua class
- Exercise class
- Throwing ball in park with child
- At play
- At home
- At work
- Travelling
- Public transport
- Standing at your desk
- Standing to talk on telephone
- Walking meeting
- Walking up stairs
- Walking the dog
- Housework
- Cycling
- Gardening
- Walking