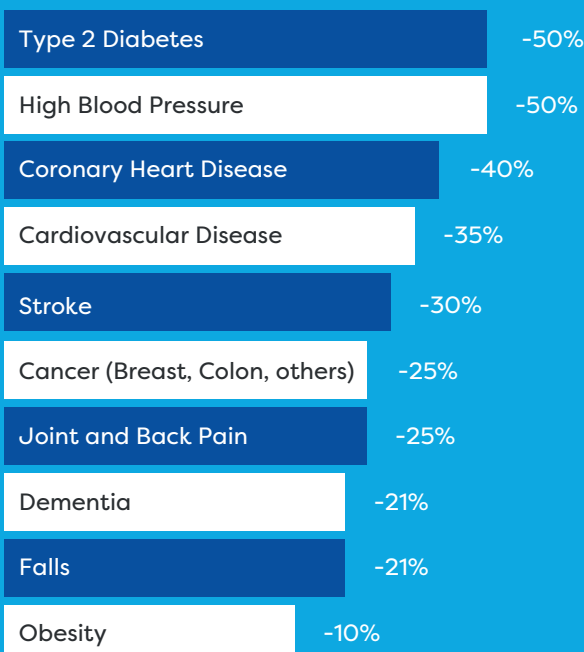


# Being active is important for Cancer

## 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:



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:

