

# Physical Activity:

## Part of Your Cancer Treatment Plan



**From day one, exercise should be considered alongside treatment for improved outcomes.**

After a cancer diagnosis, eating well and being active can help you throughout chemotherapy, radiation therapy and surgery. Aim to follow AICR's Cancer Prevention Recommendations during treatment.\*

### ACTIVITY CAN HELP:

- Reduce symptoms of treatment-related side effects
- Elevate mood
- Reduce anxiety and depression
- Improve sleep
- Boost energy levels and reduce fatigue
- Maintain physical functioning
- Support bone health
- Improve quality of life

**\*Work with your oncologist or an exercise specialist to set up your personal exercise plan.**

### WHAT TYPE OF ACTIVITY IS BEST?

- Any physical activity is better than no physical activity.
- If you are new to exercise, start slowly and listen to your body.
- Include both **aerobic activity** such as walking and swimming, and **strength training** such as free weights and squats.

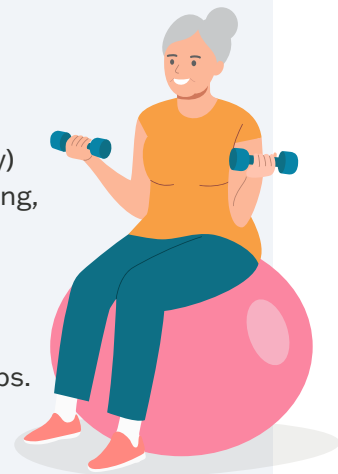
### HOW MUCH ACTIVITY?

Aim for 2.5 to 5 hours per week (~20–40mins /day) of moderate-intensity activity such as brisk walking, biking or vacuuming.

#### OR

1.25 to 2.5 hours per week (~10–20mins/day) of vigorous activity such as running or swimming laps.

**Being physically active is associated with 26%–69% improved cancer-specific survival.**



**Follow AICR's Cancer Prevention Recommendations after diagnosis for beneficial effects on survivorship and quality of life.**