



# Physical Activity Advice for those Living with and Beyond Cancer



Leading a physically active lifestyle both during and after cancer is linked to an improvement in many of its adverse effects and treatments.

There is strong evidence that being physically activity can;



### **Improve Physical function**

(How well you can use your body to do things)



### **Reduce Cancer Related Fatigue**

(Tiredness)



### **Reduce Symptoms of Anxiety and Depression**



### **Improve Quality of Life**

## **Lymphoedema**



Exercising during and after cancer treatment does not exacerbate breast cancer related lymphoedema.

Patients are advised to engage in strengthening programmes with supervision from a trained exercise professional.

## Physical Activity Guidelines for those with Cancer:

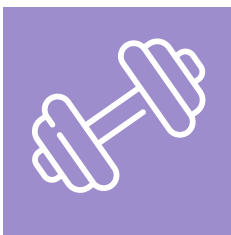
The current physical activity guidelines for those with cancer advise all patients to avoid inactivity.



### Aerobic Exercise

You are advised to exercise at a moderate intensity for a minimum of 30 minutes at least three days a week.

This is exercise that makes you a little hot, sweaty and out of breath but you can still talk (aerobic exercise) for example brisk walking.



### Strengthening Exercise

You are also advised to complete strength training twice a week (like exercising with a resistance band or light weights). In general, this should involve exercises that target the major muscles of your arms, legs, and torso.

You should complete 2 sets of 8–15 repetitions of each exercise.

### Some tips to get started:

- Start slow. Break up exercises into small, short bouts of activity. It will get easier to be physically active over time.
- Set yourself little achievable goals like walking short distances daily. Remember that everything you manage to do counts.
- Fatigue is a very common symptom associated with cancer and its treatments but keeping active has been shown to help individuals manage their energy levels.
- Physical activity is associated with increased risk of melanoma. Safe sun practices are encouraged during physical activity e.g. wearing sunscreen.

## General Information

Chartered Physiotherapists in Oncology and Palliative Care work in hospitals and in the community, where treatment is covered under the public health service and in private practice where treatment costs can be fully or partially reimbursed through your insurance (check your individual policy). Tax relief may be claimed by filling in the Med1 form available from the Revenue Commissioners at [www.revenue.ie](http://www.revenue.ie)

## Getting Help

When you choose a Chartered Physiotherapist in Oncology or Palliative Care you can have the peace of mind in knowing that you are being treated by a university trained physiotherapist who is committed to the highest standards of ethical and clinical excellence.

The Irish Society of Chartered Physiotherapists acknowledges and thanks its Interest Group in Oncology and Palliative Care (CPOPC) for developing this leaflet

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