Exercise and Cancer

Most Common Types of Cancer

Men:
1. Prostate
2. Lung
3. Colorectal
4. Urinary Bladder
5. Skin

Women:
1. Breast
2. Lung
3. Colorectal
4. Uterine
5. Thyroid

How Exercising with Cancer Helps

- IMPROVES QUALITY OF LIFE
- Keeps muscles from going away with inactivity
- Control weight
- Keeps confidence high
- Lower risk of heart disease
- Improve blood flow to reduce clotting
- Lower risk of anxiousness and depression

Exercising with Cancer

During Treatment:
Before you exercise make sure to get your doctor’s approval. This applies to any type of cancer that may exist. Once your doctor has approved exercise, you may start. If you were active before getting the cancer then you need to start out at lower intensities and less frequent. If you were sedentary before the cancer, then you may want to start with short low-intensity exercises such as short walks. The main goal is to stay as active and fit as possible. Some studies have shown that when someone goes through treatment, the side effects from it and decreased physical activity have cause significant weight gain.

After Treatment:
Most side effects of the treatments of cancer get better within a few weeks after the treatment has stopped. Once these side effects have worn off, it is safe to increase intensity and frequency of exercising. Once you are in the stage of disease free, it is important to maintain a healthy weight and stay active. Some studies have shown that staying physically active could help from the cancer of coming back a second time. It is recommended that cancer survivors exercise at least 150 minutes a week and do strength training on 2 days a week.

