

## Things to keep in mind when exercising

While exercise is safe for people undergoing chemotherapy, it's important to talk with your doctor or treating team before you begin a new exercise program.

Your diagnosis and treatment history can affect the type and intensity of exercise you should be doing.

For example:

- If you have had surgery, you may need to be cautious when moving the area near your surgical site.
- If you have a lower than normal blood cell count, you may need to modify how and where you exercise to allow your body to cope and recover better.
- If you have excessive fatigue, shorter and more frequent sessions at a lower intensity may be more manageable
- If you have a temperature above 38 degrees, you should contact your healthcare professional immediately.
- If you have poor balance or coordination, exercise in a stable way by holding onto a support or using equipment such as a stationary bike
- If you have bone metastases, you may need to take care with the amount of load on this bone.

### To get the most out of your exercise:

- take it **one day at a time**
- work out in a **safe and supportive environment**
- **keep hydrated** with plenty of water
- **eat well** to boost your exercise recovery
- **have** two separate workout plans, one for good days and one for days where you are having serious side effects.

### STOP exercising immediately if:

- ✗ you feel faint or dizzy
- ✗ you feel nauseous
- ✗ you have chest pain
- ✗ your pulse is racing
- ✗ you have blurred vision.

## Where can I get support?

Exercise during chemotherapy should be tailored to meet your needs. An accredited exercise physiologist or physiotherapist can help develop an exercise program that suits your individual circumstance.

**Ramsay Health Plus** has a dedicated team of exercise physiologists and physiotherapists who can support you during and after your cancer treatment.



Speak with your Cancer Care Navigator or treating team to get in touch with the professionals at a Ramsay Health Plus nearest you.

# Exercise and Chemotherapy

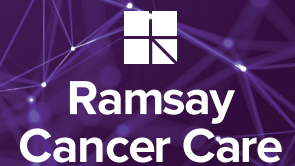
Feel your best with exercise during and after chemotherapy



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## Why is exercise important during chemotherapy?

When you've been diagnosed with cancer and are facing treatment with chemotherapy, you might be inclined to slow down or skip your usual exercise routine.

But did you know that exercise is actually a vital part of your treatment plan?

Exercise is something that you can do to help your body help itself during chemotherapy treatment. Research has shown that exercise is a safe and effective way to manage the physical and psychological effects of cancer and its treatment. Participating in regular exercise during your chemotherapy can help:

### Relieve the side effects of treatment:

- ✓ reduces cancer-related fatigue
- ✓ decreases cancer-related pain
- ✓ reduces nausea and vomiting
- ✓ boosts appetite
- ✓ improve immune function

### Recover & Rebuild a Healthier Body:

- ✓ improve strength and fitness
- ✓ maintain a healthy weight
- ✓ better sleep patterns

### Recover & Rebuild a Healthier Mind:

- ✓ increases endorphins (happy hormones)
- ✓ improves self-esteem
- ✓ decreases stress and anxiety
- ✓ opportunity to socialise
- ✓ improves your quality of life

Some evidence also suggests that participating in exercise and improving your muscle mass can increase your body's uptake and response to chemotherapy treatment.

## How much exercise should I be doing?

Experts recommend that people undergoing chemotherapy should exercise just as much as the general population. That means being active on most days of the week – everyday if you can manage it!

You should work towards achieving and maintaining:

- at least 150 minutes of moderate-intensity or 75 minutes of vigorous intensity **aerobic exercise** each week
- two to three **resistance exercise** sessions each week involving moderate-to-vigorous intensity exercise targeting the major muscle groups.

This may seem a daunting amount but exercise is any physical activity that gets your body moving and speeds up your breathing and heartbeat.

There will be times during your chemotherapy where exercise may be more challenging. Remember to be mindful of how your body is feeling. Don't push yourself too hard. Always follow the recommendations of your specialist and healthcare team.

## What type of exercise should I be doing?

**Aerobic exercise** is the type of exercise that gets you huffing and puffing and working out your cardiovascular system. It's also called 'cardio'.

Types of aerobic exercise that you can do:

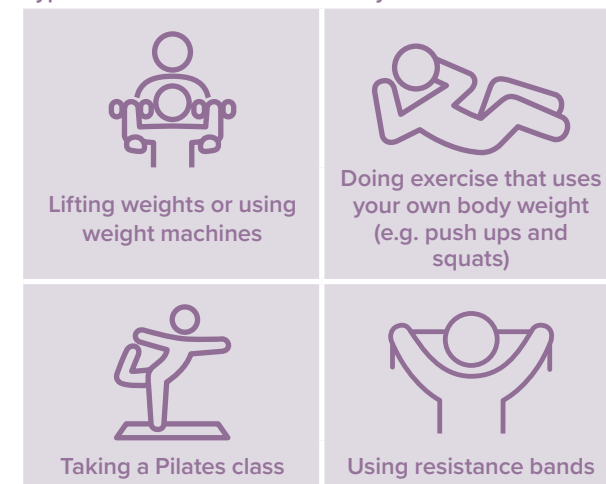


## You can build aerobic exercise into your daily routine by:

- using the stairs instead of taking the lift
- parking your car further from your destination and walking the rest of the way
- getting off the bus or train one stop too soon and walking the rest of the way
- join a walking group, exercise class or a local sports team with your friends.

Resistance exercise is the type of exercise that works out your muscles with pushing, pulling and lifting.

Types of resistance exercise that you can do:



## You can build resistance exercise into your daily routine by:

- doing a set of squats or push ups while you wait for the kettle to boil
- getting involved in some lifting around the house or in your neighbourhood, like gardening or housework
- taking up an active hobby that uses your muscles.