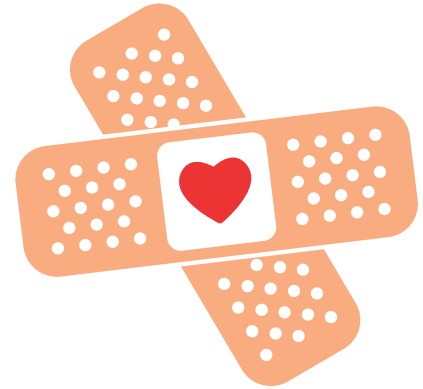


Platelets and exercise

What are platelets?

Platelets are tiny cells in your blood. They form clots that help to stop bleeding. They are like your body's natural bandage.



What is the normal level for platelets?

A normal platelet level is $150 - 410 \times 10^9/l$.

It is common to have a lower platelet level with a cancer diagnosis and when receiving cancer treatment. Your recent blood test will show what your current level is. You can then use the information below to choose which type of exercise is best for you.

Are there any signs that my platelet level may be low?

If your platelet level is low, you may bruise or bleed more easily.

How and when should I exercise?

- **Platelet level $0-20 \times 10^9/l$:** You can go for gentle walks, but avoid any additional exercise.
- **Platelet level $20-50 \times 10^9/l$:** As well as gentle walks, you can do some gentle bed or chair bodyweight exercises.
- **Platelet level $50-100 \times 10^9/l$:** You can do some gentle cardio, bodyweight strengthening and standing exercises.
- **Platelet level $100 \times 10^9/l$ and above:** You can begin to do some strengthening exercises with weight or resistance bands.

