

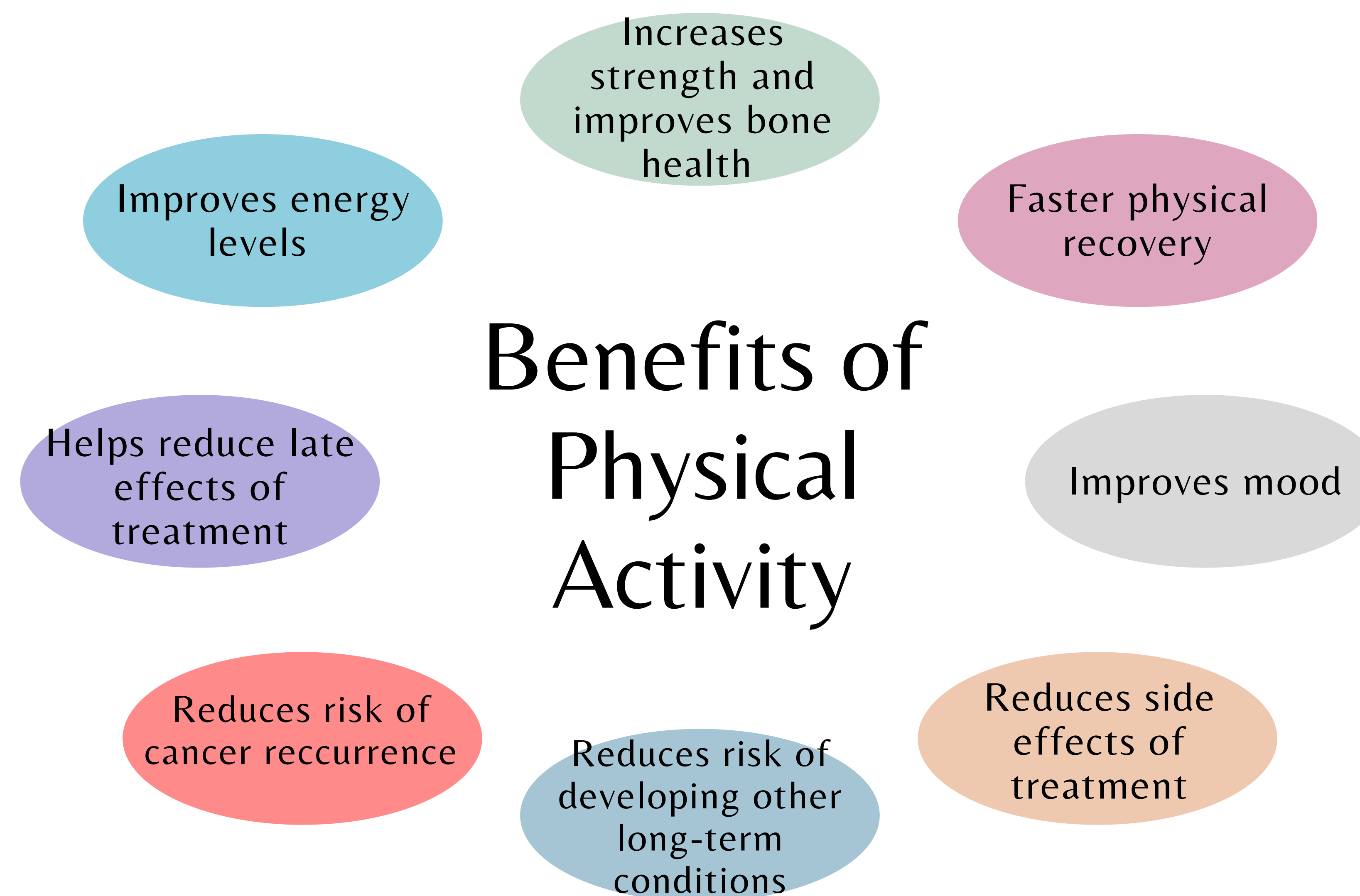
Staying physically active during treatment/inpatient stays

Why move more?

Becoming physically active is a positive change when you are living with or after cancer. Cancer and its treatment can cause a lot of uncertainty; therefore becoming more active can help you feel more in control. We understand that it is difficult in the current climate to keep motivated and engaged with physical activity. Because of this, we have created a digital resource for you. It is filled with ideas and information on how you can keep active and keep moving!

It is important to remain active in the ward and think:
“Get up, get dressed and get moving!”

Benefits of Physical Activity



How much activity is right for you?

The type of activity and how much you do will depend on the following:

- How fit you were before admission and how your treatment affects you. It may take some time to feel back to your previous level of fitness. You will need to build this up slowly.
- Any long-term or chronic conditions you have. Speak with your doctor regarding any concerns.
- Symptoms of fatigue during and after treatment. Your energy levels will change from day to day.

Activity considerations

Pain



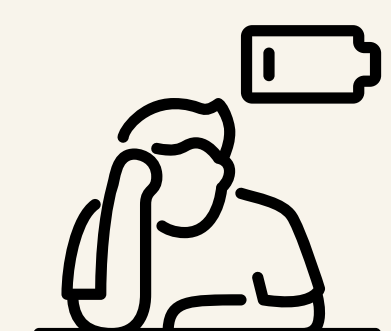
It is normal to feel some muscular discomfort after exercise - but it shouldn't be painful. If you are experiencing pain during or after exercise, we would advise you to stop, take a rest and try a different activity.

Shortness of breath



You may feel a little out of breath - that's a natural response to the body being worked. We recommend that you remain able to talk and hold a conversation during activity. If this starts to become difficult, reduce the intensity you are working. This can be done by reducing speed, repetitions or weight. You should also take a rest until your breathing has settled. You can then return to the activity.

Fatigue



It is normal to feel fatigue or tiredness while trying to increase your activity levels. The nature of recovery is that you may feel you can do more on some days and less on other days. It is important to listen to how your body is feeling, and be mindful of spacing out activity throughout the day.

Blood count and Hickman or PICC lines



Some treatments and types of cancer can result in changes to your blood count. Before exercising, ask your doctor if your blood count (for example haemoglobin or platelets) are at a safe level. Avoid doing any overhead exercises or anything that causes excessive bending of the elbow if you have a PICC line or Hickman line in situ. Most exercises with a straight elbow are safe to do but please be guided by your symptoms. If you have stitches, it's usually best to avoid strengthening exercises for this arm until your stitches are removed.

Reduced confidence

Muscle weakness

Bed sores and blood clots

Being inactive can lead to...

Low mood and irritability

Tiredness and fatigue

Infection

YOUR WEEKLY PHYSICAL ACTIVITY DIARY

Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces your chance of

Type II Diabetes -40%

Cardiovascular disease -35%

Falls, depression etc. -30%

Joint and back pain -25%

Cancers (colon and breast) -20%

Some is good,
more is better

Make a start today:
it's never too late

Every minute
counts

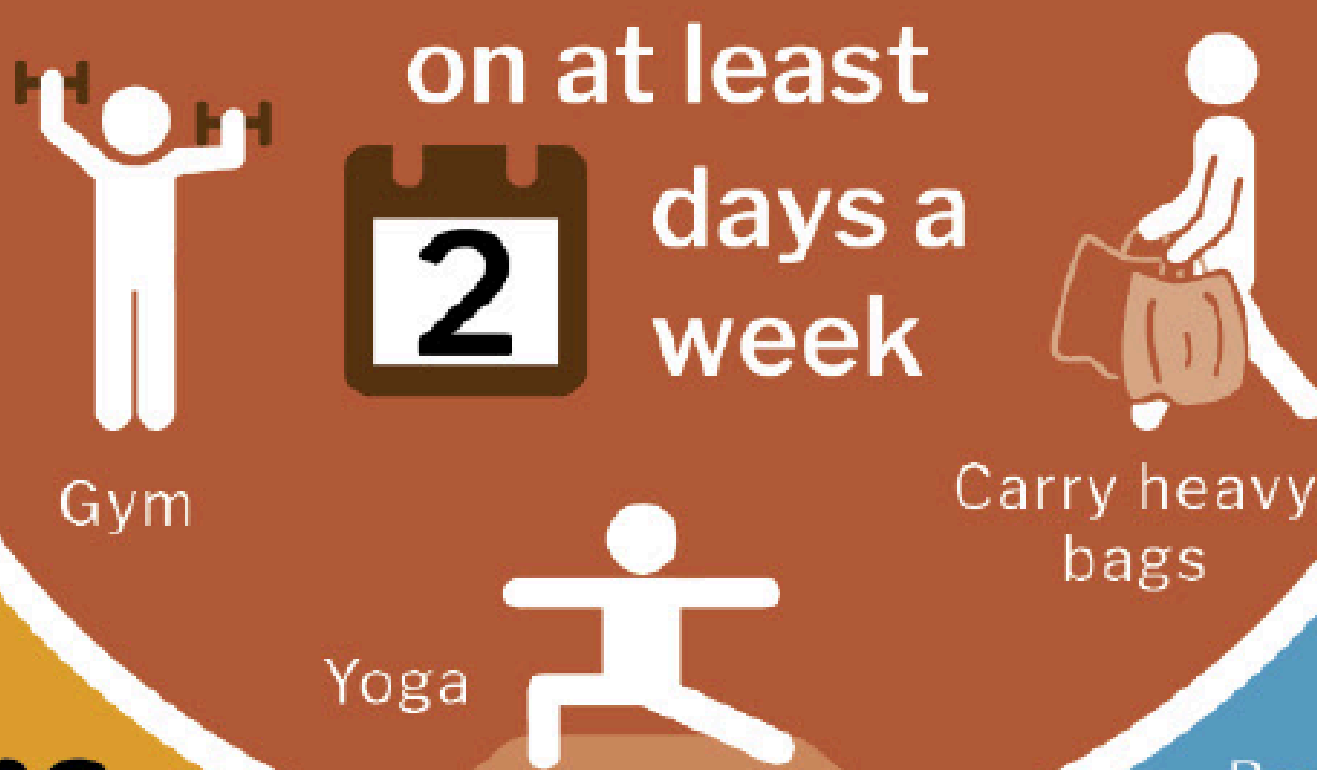
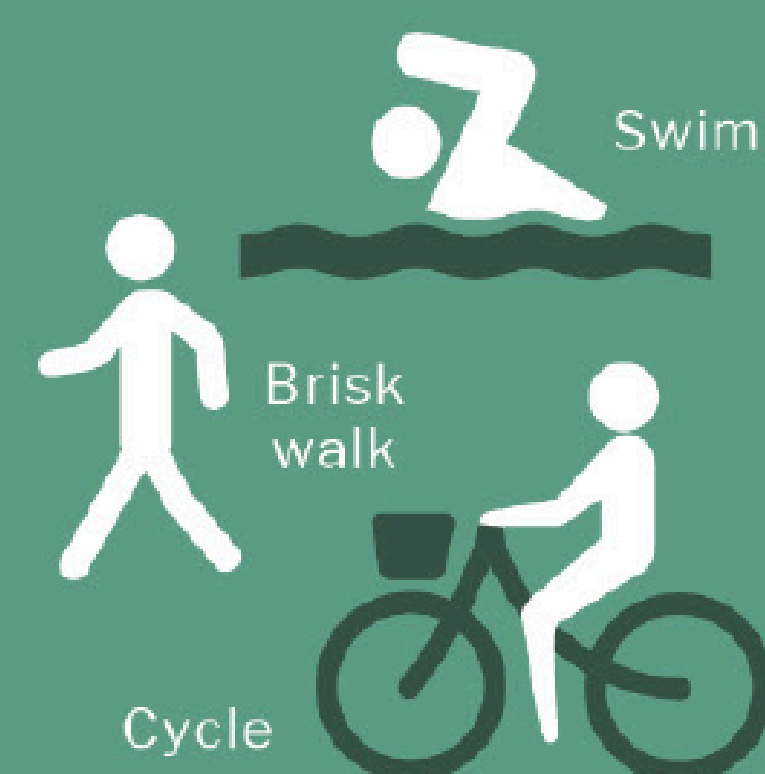
Be active

at least
150
minutes
moderate intensity
per week
increased breathing
able to talk

OR
or a combination of both

at least
75
minutes
vigorous intensity
per week
breathing fast
difficulty talking

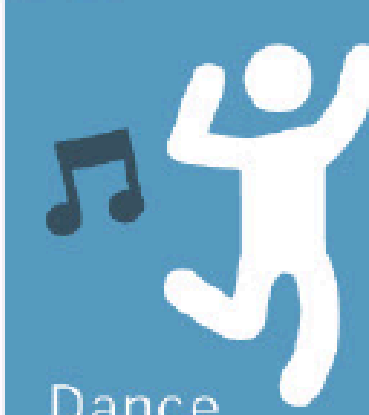
to keep muscles, bones and joints strong
Build strength
on at least
2
days a week



Minimise sedentary time
Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls
Improve balance
2 days a week



UK Chief Medical Officers' Physical Activity Guidelines 2019

Useful tips before you start

- Work out your average daily step count using a smart phone / app, fitness watch or pedometer
- Work out how far you can walk, cycle, row etc in one go - approx minutes is fine
- How many times you can stand up and sit down from a chair in 30 seconds? Repetitions _____ on _____

This will help you establish a baseline to help you set weekly goals

It is normal to feel some stretching and tiredness in the muscles both during and up to a few days after exercising, however you should not feel any pain or feel unwell. If you do, stop the exercise and either adapt it to make it easier or feel free to call us on 0141 301 7003.

These guidelines also apply for those with a cancer diagnosis



Activity Planner

week of _____

This week's goals are:

- 1.
- 2.
- 3.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Activity

Total (mins)

Energy
Levels

Activity & information links

Information

Exercise and Cancer
Information

Shine Cancer
Support

Referrals

Trekstock

Move Against Cancer

CanRehab
Trust

Beginner
videos

Easy and low impact

Bed exercises

Seated yoga

Chair based
exercises

Intermediate
videos

Moderate, high balance
level

Gentle yoga

Pilates

Low impact
HIIT

Core &
Stability

Advanced
videos

High level, intense

Advanced yoga

Total body
workout

Lower body