



Your Oncologist / Nurse Practitioner recommends:



Regular exercise during and after treatment

Exercise is safe for cancer survivors.

Being more active can improve physical function, quality of life & reduce treatment-related side effects. Here are some guidelines to get started:

	Avoid Inactivity	Every day	Return to normal daily activity levels as you feel able <i>Find ways to move more every day</i>
	Aerobic Exercise	3 x/week or more	Begin with 30 min of medium to hard effort. Slowly build to 150 min / week <i>Try brisk walking, jogging, cycling, dancing</i>
	Strength Exercise	2 x/week or more	Target all the major muscles. Work harder than usual. Aim for 2-3 sets of 8-15 repetitions <i>Try body weight exercises, resistance bands, weights</i>
	Stretch & Balance	Most days	Stretch all the major muscles & add in balance activities <i>Try yoga, stretching, balancing</i>

For more information on getting active:

Visit **BC Cancer website** (bccancer.bc.ca): search “Exercise Support”

<http://www.bccancer.bc.ca/health-info/coping-with-cancer/exercise-support>

Find a **Clinical Exercise Physiologist™** or **Physiotherapist with cancer care expertise**

<https://csep.ca//view.asp?ccid=645>

<https://bcphysio.org/find-a-physio>

Call **HealthLink BC (8-1-1)** & request “Physical Activity Services for Cancer” (no cost)