

Help with Being Physically Active

Online version with active resource links at: <http://cancer-help.me/being-active>

When it is harder to be physically active:

Cancer or cancer treatment may diminish your ability to do your normal daily activities. Most people receiving cancer treatment experience some reduced physical ability.

People with cancer, especially those who are older, may have other health conditions including heart disease, arthritis, reduced lung or kidney function, etc., that may impact physical ability or energy level.

If you feel a change in physical ability that is altering your quality of life, talk with your health care team. Share any new symptoms or changes in symptoms with your doctor.

Prioritize Your Time

Decide what activities are important to you, and what activities can be delegated to others. Use your energy on important tasks.

Content adapted from websites below.

Although reduced daily physical activity is a common and often expected side effect of cancer and its treatments, feel free to mention such feelings to the people providing your care. New or worsening symptoms may be a clue to understanding an underlying medical problem. Symptomatic treatment may be available, such as physical therapy or occupational therapy.

Exercise is safe during cancer treatment and can improve physical functioning and many aspects of quality of life. Moderate exercise has been shown to improve fatigue (extreme tiredness), anxiety, and self-esteem.

People getting chemotherapy and radiation who already exercise may need to do so at a lower intensity. The main goal should be to stay as active as possible and slowly increase your level of activity over time after treatment.

What Your Health Care Provider May Recommend:

- The first step in treating loss of physical ability is knowing that the problem exists. Many people do not bother to mention this loss to their doctors because they believe it is normal. It is vital that you discuss this and all symptoms or side effects with your health care provider.
- Efforts can be directed at determining the cause of the problem and prescribing appropriate treatment. Your particular cancer treatment regimen, with its known side effects may provide clues for your doctor or health care professional. A simple blood test, for example, can determine if you are anemic.

Good nutrition and keeping hydrated are very important and will help you feel better.

A registered dietitian can provide suggestions for a healthy diet and suggest ways of maximizing calories and proteins to provide what your body needs to keep as active as possible.

Resources for Additional Information:

- [American Cancer Society, Physical Activity and the Person with Cancer](#)
- [American Cancer Society, Nutrition and Physical Activity During and After Cancer Treatment](#)
- [Cancer.Net, Physical Activity and Cancer Risk](#)
- [NIH, Keep Up with Your Daily Routine](#)
- [CDC, Cancer Survivors, Physical Activity](#)
- [Maple Tree Cancer Alliance no cost exercise programs for those diagnosed with cancer](#)

Información Española

- [American Cancer Society, Actividad física y el paciente de cáncer](#)
- [Cancer.Net, Actividad física: Sugerencias y consejos](#)
- [Cancer.Net, Actividad física y riesgo de cáncer](#)
- [NIH, Instituto Nacional Del Cáncer, Actividad física y cáncer](#)
- [CDC, Actividad física](#)

Resources for Medical Equipment:

- [Devices 4 the Disabled](#) - (D4D) provides pickup, refurbishing, and delivery of used durable medical equipment to those in need.