

# Managing side effects of chemotherapy with exercise

Physical activity may help alleviate some side effects of chemotherapy and help you build up strength both during and after treatment. **Consult your doctor or nurse before starting an exercise plan, as cancer treatments can influence which exercises are safe for you.**<sup>1</sup>

**2½ hours** of moderate exercise a week is recommended for healthy adults aged between 18 and 64 years<sup>2</sup>

You may be able to slowly work up to this goal when you have completed treatment<sup>3</sup>



You may see a reduction in side effects after **6 weeks** of exercise<sup>4,5,6</sup>

Exercise can be especially helpful if you are experiencing tiredness or fatigue,<sup>7,8</sup> lymphoedema<sup>9</sup> or oedema,<sup>10</sup> loss of appetite<sup>11</sup>

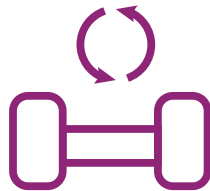


## Think about which forms of exercise you enjoy most:



### Aerobic

Walking, dancing, swimming, cycling<sup>3,4</sup>  
Walking may help alleviate constipation<sup>12</sup>



### Resistance

Light weightlifting, endurance training<sup>3,4</sup>  
Gradual resistance exercises build up your power and endurance<sup>4</sup>



### Flexibility

Yoga, tai chi, stretching<sup>3</sup>  
Regular yoga may lessen fatigue and help you sleep<sup>13</sup>



### Balance

Meditative movement therapies, yoga, qigong, tai chi<sup>14</sup>  
Meditative movement therapies may increase your quality of life<sup>14,15</sup>

Keep a logbook of your physical activity

**Ask your doctor** about a personal healthy weekly exercise goal

Share the logbook with your doctor at your next appointment



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Logbook of your physical activity

**My goal for this week/month:**

Example: My goal for this month is to walk for 30 minutes without stopping

Activity	Date	Duration	Notes
walking	23 Jan	15 minutes	A little tired at first, but felt great at the end

A downloadable logbook is available

#### References

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