

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.**¹

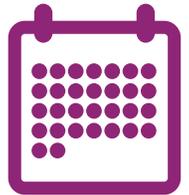
2½ hours of moderate exercise a week is recommended for healthy adults aged between 18 and 64 years²

You may be able to slowly work up to this goal when you have completed treatment³



You may see a reduction in side effects after **6 weeks** of exercise^{4,5,6}

Exercise can be especially helpful if you are experiencing tiredness or fatigue,^{7,8} lymphoedema⁹ or oedema,¹⁰ loss of appetite¹¹

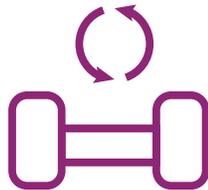


Think about which forms of exercise you enjoy most:



Aerobic

Walking, dancing, swimming, cycling^{3,4}
Walking may help alleviate constipation¹²



Resistance

Light weightlifting, endurance training^{3,4}
Gradual resistance exercises build up your power and endurance⁴



Flexibility

Yoga, tai chi, stretching³
Regular yoga may lessen fatigue and help you sleep¹³



Balance

Meditative movement therapies, yoga, qigong, tai chi¹⁴
Meditative movement therapies may increase your quality of life^{14,15}

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



It is important to consult your doctor or nurse before starting an exercise plan, as cancer treatments can influence which exercises are safe for you.

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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