

MOVING THROUGH CANCER:

Exercise for people living with and beyond cancer

TO GET STARTED

Avoid inactivity; moving more and sitting less benefits nearly everyone

FOR OVERALL HEALTH

Aim to meet the current exercise guidelines for adults¹



Moderate Aerobic Exercise
At least 150–300 mins per week

OR

Vigorous Aerobic Exercise
At least 75–150 mins per week



(or a combination of moderate/vigorous aerobic exercise)

+



Resistance Exercise
2x per week

FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT

Research shows lower amounts of exercise can still help
with the following cancer treatment-related symptoms:



Cancer-related fatigue



Health-related
quality of life



Physical function



Anxiety



Depression



Sleep



Lymphedema²



Bone health³

To improve these symptoms, choose an exercise plan below:



**Aerobic
Exercise**
3x per week
30–60 mins

OR



**Resistance
Exercise**
2x per week
2 sets/8–15 reps

OR



**Aerobic
Exercise**
2–3x per week
20–40 mins

**Resistance
Exercise**
2x per week
2 sets/8–15 reps

Helps to manage the
following symptoms:



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¹ Physical Activity Guidelines for Americans, 2018

² Progressive supervised resistance training does not exacerbate lymphedema

³ At least 12-months of resistance training plus high impact training needed