

LET'S GET PHYSICAL!

Exercise for Cancer Survivors

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I proved

If you don't use it, you will lose it

Block Out Cancer



What are the Benefits of Exercise for Cancer Survivors?

- Cardiovascular fitness
- Muscle Strength
- Bone health
- Body composition
- Range of Motion
- Balance and flexibility
- Reduced risk of recurrence (certain cancers)
- Anxiety and depression
- Mood and self-esteem
- Fatigue
- Elements of quality of life
- Disease specific symptoms
- (Source: Irwin, Melinda L. (2012) *ACSM's Guide to Exercise and Cancer Survivorship: Human Kinetics*)

LIVESTRONG AT THE YMCA

Exercise & Thrive™

- In collaboration with YMCA, Fred Hutchinson Cancer Research Center and LIVESTRONG
- 12 week program for cancer survivors at Local YMCAs
- Twice a week, 90 min/session
- Participants learn to gently, gradually build muscle strength, increase flexibility and endurance, and improve their capacity to perform activities of daily living

My observations after 12 weeks of LIVESTRONG at the Y Exercise & Thrive™ Program

- Many survivors improved their posture
- Many of them look more confident
- Many of them look much younger



Three important things you should remember

- **Know your body**

 - Lymphedema

 - Surgery

 - Neuropathy

 - Physician Clearance

- **Be patient!!**

 - Go slow and low

- **Listen to your body**

 - Pay attention to how you feel before, during, and after exercise.

Remember

“If you are going to make exercise part of your life, you have a long time to get fit and you must slowly and steadily develop a routine that you enjoy.”

Schwartz, Anna L. (2004) *Cancer Fitness: Exercise Programs for Patients and Survivors*. New York, NY: Fireside: P. 136

Special Consideration

Stop exercise and contact your doctor if you have :

- ❑ Disorientation, dizziness, blurred vision or fainting
- ❑ Sudden onset of nausea, vomiting
- ❑ Unusual or sudden shortness of breath
- ❑ Irregular heartbeat, palpitations, chest pain
- ❑ Leg/calf pain, bone pain, unusual joint pain or pain not caused by injury
- ❑ Muscle cramps or sudden onset of muscular weakness or fatigue

Source: Kerry Courneya, Ph.D., and Margaret McNeely, Ph.D., (Sprint 2009) Exercise During Cancer Treatment. *ACSM Fit Society@Page*, Retrieved on October 16, 2015 from http://www.acsm.org/docs/fit-society-page/2009-spring-fspn_cancer-exercise.pdf?sfvrsn=0

Exercise Precautions

- Anemia (low red blood cell count): If the red blood cell count is low, the body's ability to carry oxygen to the tissues is reduced. Exercise may need to be scaled back and possibly avoided.
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- Neutropenia (low white blood cell count): If the white blood cell count is low, the body's ability to fight infection is reduced. Exercise should be avoided if there is a fever above 100.4°F (>38°C).
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- Thrombocytopenia (low platelet count): If platelet count is low, there is an increased risk of bruising and bleeding. Avoid contact sports or activities with high risk of injury or falling. Report any unusual bruising or symptoms, such as nose bleeds, to a doctor.
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- Side effects such as vomiting and diarrhea, and symptoms such as swollen ankles, unexplained weight loss/gain, or shortness of breath with low levels of exertion may make exercise unsafe. Check with a doctor before exercising.

Recommendations

Avoid Inactivity

Recommendations

CARDIORESPIRATORY EXERCISE

- Moderate-intensity exercise
- 150 minutes per week
- 30-60 minutes Five days per week
- **Start where you can**

RESISTANCE EXERCISE

- Each major muscle group
- Two or three days per week
- 8 to 10 repetitions
- Rest at least 48 hrs between training

Recommendations

FLEXIBILITY EXERCISE

- Two or three days per week
- Hold for 30 seconds while breathing
- Warm up with light aerobic activity

NEUROMOTOR EXERCISE (Functional Training)

- Two or three days per week.
- Balance, agility, coordination and gait

What can you do?

- Avoid Inactivity
- Get individually tailored exercise program from a physical therapist or personal trainer who is certified as a trainer for cancer patients. Especially recommended for survivors who are still in their cancer treatment.
- Take a program designed for cancer survivors (LIVESTRONG at the YMCA, Exercise & Thrive, and classes at SCCA, TEAM Survivors, Cancer lifelines, etc)
- Take a walk with your friends. Work out with a DVD, TV program or Youtube (search example ...“low impact aerobic exercise”, “chair exercise”)
- Ride your bike, mow the grass, rake the leaves, scrub your bathroom, wash and wax your car, walk a dog, dance in your living room, park your car in the farthest parking place, use stairs, get off the bus several stops early
- Take classes at local Senior Centers and YMCA.. (Gentle Yoga, Tai chi, EnhanceFitness Class, Fall prevention class. These classes are gentle enough so they are perfect for you to start.)

Exercise Demonstration

- Posture
- Ankle Rotation
- Chair aerobics
- Row your boat
- Leg extension
- Getting up from the chair
- Simple steps
- Leg curls
- Hip extension
- Heels and toes
- Calve Stretches
- Neck Stretches

Exercise Programs

- LIVESTRONG at the Y /Exercise & Thrive
Fred Hutch Survivorship program web site
<https://www.fredhutch.org/en/treatment/survivorship/exercise-thrive.html>
YMCA web site ChronicDiseasePrevention@seattleyymca.org
206-344-3181
- Cancer Lifeline www.cancerlifeline.org (800)255-5505
- Team Survivors NW www.teamsurvivornw.org (206)732-0263
- Gilda's Club www.gildasclubseattle.org (206)709-1400
- ENHANCEFITNESS® /Senior Services
<http://www.projectenhance.org/enhancefitness.aspx> (206)448-5725

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