Spotlight on Cancer Exercise

Exercise During Cancer Treatment

Is exercise safe during Treatment?
Yes, there are several decades of research to confirm exercise is both safe and beneficial during chemo and radiation treatment. The American Cancer Society encourages cancer patients to be as active as comfortably possible during treatment. Your oncologist and the cancer exercise specialist will discuss your medical background prior to starting this exercise program.

But I am too tired to exercise.
Inactivity can actually cause more harm than good, so doing something will be better than nothing. Research shows the best way to combat fatigue is to get up and move, even if it is only 5 minutes at a time. The cancer exercise specialist will work with you to assess an appropriate starting point. The initial recommendations will be light to moderate activity.

There are days I just feel sick, should I still try to exercise (at home or at the Cancer Center)?
This is not uncommon while on treatment. There will be days it is appropriate to skip exercising and rest. So skip this day and make it up as soon as you feel better. But please be sure to try and identify the underlying cause of feeling ill. If possible try to check blood pressure, blood glucose (if diabetic), and body temperature. Contact the oncologist office if your numbers reveal you'll need further attention.

Exercise After Cancer Treatment

Can I join the Cancer Exercise Program after I have completed all my treatment?
Yes, the Cancer Exercise Program is offered to any cancer survivor from our community after receiving a cancer diagnosis. Cancer survivors can actually start participating before, during, or any time after treatment. The Cancer Exercise Program is located in the Cancer Center and is open Monday through Friday.

How much exercise is recommended?
The American Cancer Society recommends returning to your normal daily activities as soon as possible. The Cancer Exercise Specialist will progress your exercise prescription as tolerated. For structured exercise, aim for 150 minutes per week. Include both aerobic and strength training exercises.

I think I’m doing well without exercise, why is planned exercise so important after treatment?
Making exercise a priority after treatment will improve your quality of life as you move forward. Exercise is going to help keep the immune system strong, decrease the risk of infection, reduce pain, improve body image, and decrease risk of recurrence.

The cancer exercise specialist can work with you to develop a home exercise program if you have equipment and prefer to exercise in your home. Please contact us at 765.751.5304 with any questions.