

Physical Activity and Exercising with Cancer



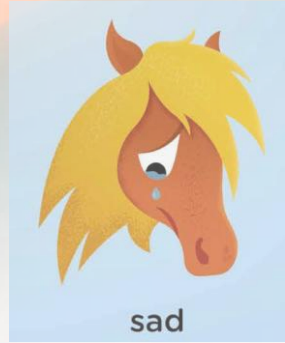
Stephanie Still



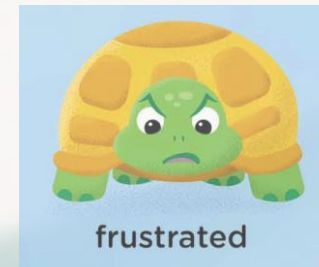
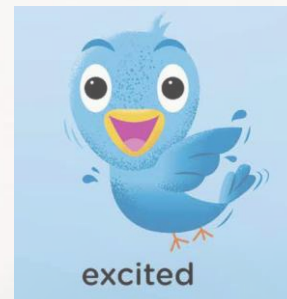
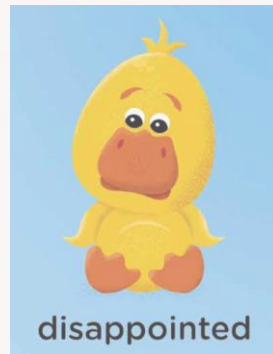
Aims of Today

- Understand benefits of physical activity
- Explore safe, practical exercises
- Build confidence to move
- Ask questions in a safe space





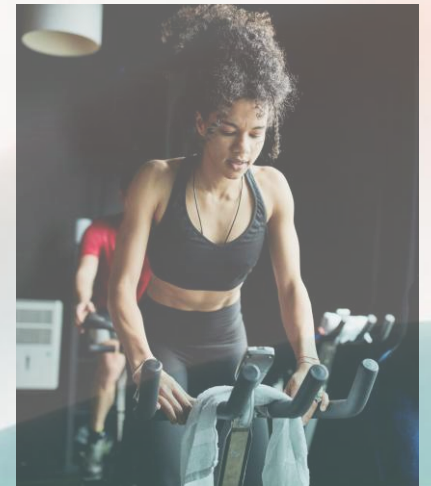
How do you feel about exercise today?



Physical Activity vs Exercise



Physical activity	Exercise
Any movement that uses energy	Planned structured movement
Includes daily tasks (walking, housework, gardening)	Aims to improve health or fitness





1. Strength & function

- Improves muscular strength
- Improves balance
- Improves physical function
- Improves breathlessness



2. Managing symptoms

- Reduces fatigue
- Reduces nausea
- Manages pain
- Reduces the impact of treatment
- Reduces risk of lymphoedema

Why exercise matters



3. Fitness & health

- Improves cardiovascular fitness
- Supports immune system



4. Wellbeing

- Improves health related quality of life
- Reduces anxiety
- Reduces depression



5. Treatment & outcomes

- Improves treatment tolerance
- Improves survival rates



Physical Activity Guidelines

Be active

Keep your heart and mind healthy

Build strength

Strengthen muscles, bones and joints

How often?

150

minutes

of moderate activity a week

or

75

minutes

of vigorous activity a week

2

days a week

Brisk walk



Run



Gardening



Sport



Swim



Stairs



Gym



Aerobics



Carry bags



Sit less

TV



Sofa



Computer



Break up long periods of sitting down to help keep your muscles, bones and joints strong.



Stephanie Still



Exercise and Metastatic Disease

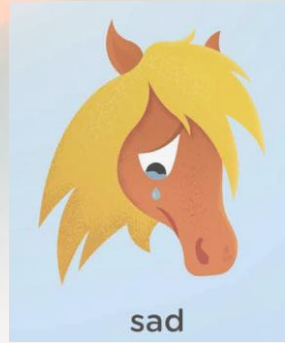
- Supports bone, muscle and function
- Getting started – speak to your team
- Being safe



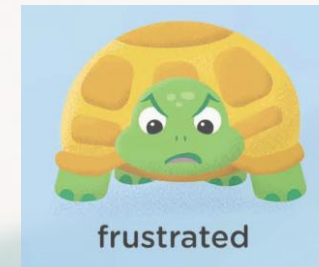
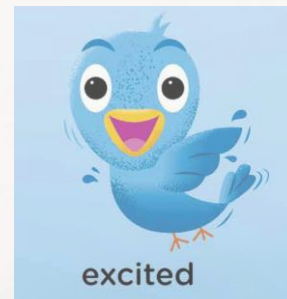
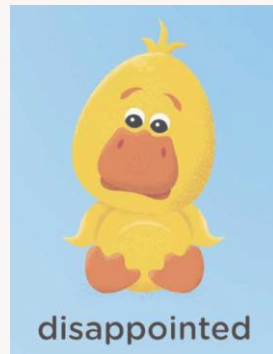
Practical Session

- Everything is optional
- Take breaks at any time
- Work at your own level





How do you feel about exercise now?



Making It Work For You

- Small amounts count
- Build gradually
- Something is better than nothing



Support and Resources

- NHS resources
- Local services
 - Penny Brohn
 - Energise – cancer rehabilitation classes in Bristol
 - Move 5K Your Way – Bristol, Somerset, Taunton
 - Maggie’s – Cheltenham
 - Next Steps cancer rehabilitation Gloucester
- Exercise referral schemes
- Online
 - Make 2nds Count - Birdsong yoga physio, Breathe Balance Be, Exercise Prescription
 - Living Beyond Breast Cancer – Be ACTIVE exercise series



Q & A

Any questions or thoughts?



Stephanie Still



Thank you
Enjoy the rest of the event



Stephanie Still

