



Even After a
Cancer Diagnosis

It's Never Too Late To Be Active

Can being active before and during cancer treatment affect my health?

Yes, it can:

- Help you feel better throughout the cancer journey¹
- Decrease post-treatment recovery time¹
- Reduce treatment-related and cancer-related side effects²
- Reduce risk of cancer recurrence²
- Reduce risk of cancer specific mortality²

Can being sedentary affect my risk for cancer, even if I have cancer already?

Yes. Sedentary behaviors have been shown to:

- Increase severity of treatment-related side-effects (including pain, fatigue, and depression)³
- Increase risk of cancer recurrence⁴
- Increase risk of cancer mortality⁴
- Reduce quality of life⁵

How does being active reduce my risk for cancer and other diseases?

- Reduces certain hormone levels such as insulin, estrogen, and growth factors that have been associated with cancer⁶
- Improves immune system function⁶
- Promotes faster movement of food through the digestive system, decreasing exposure to potential carcinogens⁶
- Reduces inflammation⁶

What if I am already active?

- Adjust your exercise routine to fit your current energy levels
- Start small and slowly increase the amount of activity you do each day

Gradually work towards meeting the Canadian Physical Activity Guidelines:

- › 150 minutes of aerobic exercise
- › Strength training twice a week

What supports are available to me?

- Talk to your family doctor, cancer health care team, or qualified exercise professional who is trained to work with people with cancer. These individuals will be able to guide you in the right direction and help you set attainable goals to become more active.
- Some hospitals and community organizations have group exercise programs specifically for people with cancer. Ask your cancer health care team for available programs near you.

References

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If you have any questions, please ask your health care provider. The information in this pamphlet is to be updated every 3 years or as needed.