Can being active before and during cancer treatment affect my health?
Yes, it can:
• Help you feel better throughout the cancer journey\(^1\)
• Decrease post-treatment recovery time\(^1\)
• Reduce treatment-related and cancer-related side effects\(^2\)
• Reduce risk of cancer recurrence\(^2\)
• Reduce risk of cancer specific mortality\(^2\)

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 recurrence\(^4\)
• Increase risk of cancer mortality\(^4\)
• Reduce quality of life\(^5\)

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 cancer\(^6\)
• Improves immune system function\(^6\)
• Promotes faster movement of food through the digestive system, decreasing exposure to potential carcinogens\(^6\)
• Reduces inflammation\(^6\)

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


The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. 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.