First Steps – Health and Wellbeing: Physical Activity

This leaflet provides information and advice on how to remain or become physically active before, during and after treatment. If you have any further questions or concerns, please do not hesitate to contact the cancer team secretary who will direct your enquiry to the relevant member of the cancer team: 01484 343490.

The current guidance of physical activity levels for all adults is 150 minutes a week. It is advised this is achieved by doing 30 minutes of activity a day for 5 days a week. The activity is to be of moderate pace such as walking. The guidance now includes also doing balance and strengthening activity at least twice a week. This level of activity is helpful for people even during cancer treatment. However everyone is different and exercise needs to be tailored to you, taking into account your overall fitness, diagnosis, and other factors that could affect safety.

Benefits of physical activity

Being active before, during and after treatment for cancer is safe and is beneficial by helping with the following:

- Reducing fatigue
- Managing side effects of treatment
- Healthy heart function
- Reducing anxiety and depression
- Maintaining a healthy weight
- Strengthening muscles & improving bone health
- Improving flexibility & balance
- Increasing confidence and self esteem
- Reducing the risk of cancer reoccurrence
- Improving overall quality of life

Physical activity doesn't always mean 'exercise'

The type of activity or 'exercise' you do may depend on what stage you are at with cancer treatment. It may also depend on what type of activity you enjoy doing. Support is available to adapt and modify activity before, during and after cancer treatment and will be personalised and meaningful to you. We are seeing the benefits of physical activity in cancer patients in their ability to withstand treatment and its side effects, recover easier after treatment and surgery.

compassionate care

These are some of the everyday activities that can be done as part of an active lifestyle:

- Housework (vacuuming)
- Gardening
- Walking to the shops
- Walking up the stairs instead of taking the lift
- Carrying shopping bags

Energetic activities –

- Dancing
- Running
- Cycling
- Digging the garden

Components included in being active and exercising include:

Aerobic - Increasing your heart rate and making you feel out of breath (within limits – we want you to still be able to speak a sentence)
Strengthening - Improving muscle strength and muscle mass
Flexibility - Improving ability to bend and move more easily, improving joint function.
Balance - Keeping you steady, improving reactions.

Activity to target these components –

Aerobic - vacuuming, walking briskly, gardening, running and jogging, cycling and swimming, group exercise, other sport.
Strengthening* - carrying shopping bags, body weights, hand weights, tins of food, machines, resistance bands, *some adaptations needed for certain conditions for example, bone cancer and arthritic conditions.
Flexibility - badminton, DIY, yoga, vacuuming, Pilates, mowing the lawn, seated chair exercises.
Balance - aerobics, badminton, stairs, cycling, dance, DIY, football, Pilates, water aerobics, yoga, bowling.

An activity diary or using your smart phone to track steps or an activity tracker is a good way to monitor what you are doing.

Useful sources of information

HEALTHY EATING AND CANCER

Macmillan Healthy Eating and Cancer booklet

MACMILLAN CANCER SUPPORT

Macmillan Information Centre
Calderdale Royal Hospital 01422 222709
Huddersfield Royal Infirmary 01484 343614

NHS Calderdale and Huddersfield NHS Foundation Trust

Cancer Team Secretary
Monday to Friday 8am – 4pm 01484 343490

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).
Telephone: 0800 013 0018 (PALS) patientadvice@cht.nhs.uk

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Royal Hospital
Macmillan Unit
01422 222668

Huddersfield Royal Infirmary
Greenlea Suite Ward 7
01484 342474

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
براۓ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"