

A large, faint pink ribbon is centered in the background of the slide. The ribbon is a light pink color and is slightly transparent, allowing the text to be seen through it. It is a standard awareness ribbon for breast cancer.

Life After a Cancer Diagnosis- Physical Activity

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Summary

- There are many, many benefits to doing some type of physical activity after being diagnosed with cancer
 - Weight loss or weight maintenance
 - Decrease inflammation
 - Improved quality of life-feel better about yourself
 - Improved mood, less depression
 - Improved mobility
 - Even been shown to decrease side effects from chemo!

So how do I get started?

- First thing:

**GET THE APPROVAL OF YOUR DOCTOR
BEFORE STARTING ANYTHING!!!!**

What is next?

- Think baby steps!
 - Don't need to start working out for 2 hours/7 days a week.
 - Don't even have to join a gym
- Think about what you enjoy or might enjoy doing.
 - Walking, gardening, dancing
 - Do you like to exercise with other people or need the freedom of setting your own schedule?

Weigh the Pros & Cons

- Make a list that is specific for you
- What are the benefits to increasing your activity?
- What are the negative thoughts (cons) to increasing your activity?
- What are the pros & cons for your family members?
- If your cons seem more important than your pros then consider setting smaller goals for yourself (i.e. incorporating lifestyle activity at first)
- If your pros outweigh your cons, you are probably more ready to get started

Set Some Goals

- Keep thinking baby steps!
- Goals should be SMART
 - Specific:
 - Ex: On Tuesday, I will walk for 30 minutes after work
 - Measurable:
 - No: I want to be in shape
 - Yes: I want to be able to climb the stairs in my house without losing my breath
 - Attainable & Realistic:
 - No: I want to run a marathon in record-breaking time
 - Yes: I want to exercise at least 3 days a week for 12 weeks
 - Time-Oriented
 - Ex: In 3 months, I want to be walking 30 minutes/3 days a week

What am I working towards?

- American College of Sports Medicine & CDC recommendations
 - 30 minutes of moderate intensity (should be able to talk in sentences but not sing) activity 5 or more days of the week
- OR
- 20 minutes of high intensity (should only be able to talk in very short words) activity 3 or more days of the week
- Keep in mind: THIS MAY NOT BE THE BEST GOAL FOR EVERYONE (think realistically and remember that some activity is better than none!)

Monitor Yourself

- Keep an activity log
 - Track the days you exercised
 - How long you exercised
 - Intensity level (also use heart rate)
 - Any barriers
 - Solutions to problems
- Also allows you to see how far you have come
- Research has shown that people who self-monitor are more likely to be successful reaching goals

Barriers to Activity

- Starting something new is often difficult and it can seem like there are too many barriers
- Try the FIRST approach
 - **Find** out what is keeping you from being active
 - **Invent** creative solutions (propose several solutions to a single problem)
 - **Revise** your list (prioritize)
 - **Start** trying out your solutions
 - **Try** again

Create an Active Environment

- Your environment can help determine your success at becoming more active
 1. Make time for you
 - You are important!
 - Try using a calendar or planner
 2. Leave reminders for yourself
 - Leave out exercise clothes, keep walking shoes in your car, place equipment near the TV
 3. Strength in numbers
 - Find an exercise buddy and help each other stay committed

Making a Long-Term Commitment

- Do not get focused on an “all-or-nothing” way of thinking
 - Think in shades of gray and celebrate your successes even when they may fall short of your goals
- Include planned lapses at critical times
 - Into everyone’s life will fall times which upset your normal routine (vacations, emotional stress, holiday)
 - Be flexible and “think gray”

Get Support

- NEVER BE AFRAID TO ASK FOR WHAT YOU NEED!
- Different types:
 - Emotional
 - Motivational
 - Informational
 - Practical

How to Get Support

- Know what type you need
- Be specific and ask
- Match the type of support with that person most likely to provide it
- Be flexible
- Remember support is a two-way street
- Always thank the person

Lifestyle Physical Activity

- Physical activity does not have to take place in a gym
- Physical activity does not even have to happen all in one session
 - Can break up into 10 minutes segments
- There are ways to get more exercise in performing your every day responsibilities that are just as good as taking a 30 minute walk or going to the gym!

Examples of Lifestyle Activity

- Park as far away as possible from the store you are visiting and walk
- Get moving in the yard!
 - Pull weeds, push a mower, push a wheel barrow
- Take the stairs whenever possible
- Clean your house!
 - Vacuuming, sweeping, mopping, scrubbing
- Instead of driving, walk to your destination
- Instead of meeting for dinner, meet friends for activity dates such as hiking, biking, dancing, or tennis

Stress & Physical Activity

- In times of stress your natural inclination may be to stop your activity routine
- However, physical activity can help alleviate stress in many ways:
 - Burn off stress-related chemicals (i.e blood pressure, blood glucose)
 - Reduce the impact of stress on the body
 - Improve your mood, decrease depression, and increase feelings of self-worth
 - Get your mind off of your troubles
 - Find social support

Reward Yourself

- Very important to recognize your successes
- Reward yourself in big and small ways depending on the goal that you have achieved
- Small goal (ex: exercised 3 times this week)
 - Sleep in late, go to a movie, take a bubble bath, have dinner at your favorite restaurant
- Large goal (ex: exercised regularly for 3 months)
 - Buy a new book or CD, treat yourself to a massage, buy new exercise clothes or shoes, plan a special trip or event

Above All- Be Safe!

- Stop and see a healthcare provider immediately if you have the following:
 - Shortness of breath, feeling lightheaded, nausea, dizziness, muscle cramps, chest pain
- Warm-up for 5 minutes before starting your exercise routine
- Stretch at the end of the routine
- Drink water!!!
- Wear proper shoes (should support your feet- no 5 year old Nikes!) and clothes
- If you have diabetes, watch your blood sugar closely (insulin requirements may change, keep ready sugar supply close by)
- If you have arthritis you may need special activities that do not aggravate your arthritis- check with a doctor or a physical therapist



Any Questions?



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