

Want to feel better  
and have more  
energy?

EVERYONE can  
benefit from  
physical activity,  
regardless of age,  
sex, or physical  
ability.

Today is a  
great day to  
be physically  
active!

## Physical Activity Ideas

- **Housework**
  - › Sweep or vacuum the floors
  - › Wash the dishes by hand
  - › Carry laundry
  - › Gardening
- **Go for a walk**
  - › Take your dog outside for a walk
  - › Walk while talking on the phone
  - › Park at the back of the parking lot
- **Take the stairs**
  - › Take the stairs all the way up, or, get off the elevator one floor early and walk the last flight

## Do activities that feel right for you!

- Something you enjoy
- Be active with a group
- Turn up the music
- Work with your energy levels
- Increase activities at your own pace

After  
a Cancer  
Diagnosis

Engaging in Physical  
Activity is Important!



Being active is one of the most important things you can do to feel better.

## Benefits of Physical Activity:

### Improves:

- Energy
- Sense of well-being
- Self-confidence
- Quality of sleep
- Mood
- Heart, bone, and sexual health

### Reduces:

- Fatigue
- Stress
- Feelings of anxiety and depression
- Treatment-related side-effects
- Cancer recurrence
- Cancer-specific mortality

## Where to start?

If you are not already active...

- Focus on moving more.
- Try increasing activity or movement for a few minutes a day (or more!).
- Remember, any extra movement that can be done is better than nothing!

If you are 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
- Aim to build up to 150 minutes of aerobic exercise each week
- Strength training two times a week
- Stretching most days of the week

Community exercise programs:

- ACCESS Project in Halifax, contact: [access.wellness@nshealth.ca](mailto:access.wellness@nshealth.ca) or phone 902-473-2035
- Speak to your health care team about other available resources in your area.



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.

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## Safety First!

Ask your healthcare team about any safety concerns that may affect your ability to exercise.

Respect your pain and fatigue, only do what feels comfortable.

Warm-up with light aerobic activity, paired with movement-based stretching.

Cool down with light exercises such as a slow walk and static/stationary stretching.

## STOP your activity if you feel:

- Dizzy
- Short of breath
- Chest pain
- New pain or more than usual
- Increased fatigue