

Moving on after Cancer: Exercise, What you need to know in 2022



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Exercise and cancer?



- Research since the 1990's exploring the link and benefits of exercise with cancer
 - Prevention, on treatment, survivorship
- So many questions?
 - Is it safe? How often? How much? What kind?
Is it different between cancer types and stages?

Recommendations



The American Institute of Cancer Research (AICR) and American College of Sports Medicine (ACSM) recommends 150 minutes per week of moderate or 75 minutes per week of vigorous exercise per week, plus 2 (30 minute sessions) per week of resistance training.

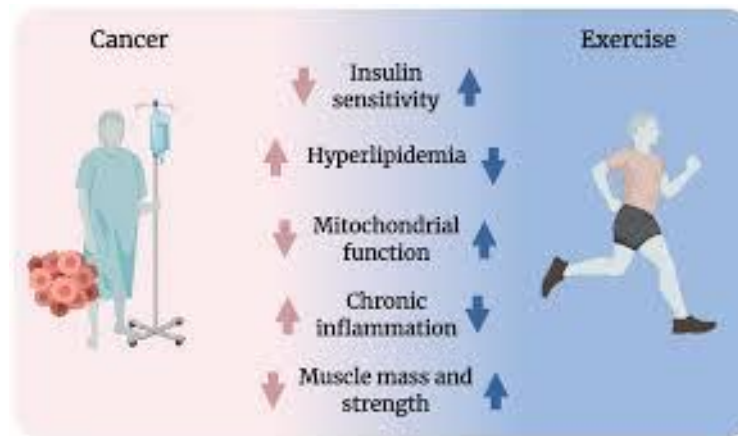
Benefits of Exercise



EXERCISE HELPS OVERCOME CANCER TREATMENT SIDE EFFECTS



Benefits of Exercise



Problems related to exercise



Barriers

- Fatigue
- Time
- Weather
- Side effects related to treatment
- Minimal history with exercise
- Didn't know the benefits of exercise
- HCP did not encourage or address exercise

Exploring Intention to Exercise within a BCS population



- **75 BCS from Lynn Cancer Institute**
- **1 time survey gathered over 6 months**
- **Current patient or having received treatment within the past year**
- **Survey explored:**
 - Demographics
 - Barriers to exercise
 - Anxiety & Depression
 - Readiness to engage in exercise
 - Exercise before diagnosis
 - Exercise after diagnosis
 - Attitude, support/encouragement, perceived control

Exploring Intention to Exercise within a BCS population



Results (Lower intention to exercise):

1. Older age
2. Lower education
3. Low physical activity before diagnosis
4. Low readiness to engage in exercise
5. Low perceived control/low confidence to exercise

Exploring Intention to Exercise within a BCS population



How do we incorporate these findings into practice?

Helpful tips to get you moving...



What if...

- ***I don't feel confident to exercise-***
Try not to compare yourself to others which could deter participation in exercise and not to dwell on past attempts to participate in Physical activity.





What if...

- ***I feel anxious-*** Set long and short-term goals which help you manage a plan and take control of your fitness journey. Start small and try to avoid “overdoing it” on the first day. Start with gentle exercises that are low impact like walking or yoga/Pilates classes.





What if...

- ***I have never exercised-*** Exercise should be eased into. Seek out a Physical Therapist or Personal Trainer to show you how to use weights and machines at the gym. If that isn't feasible, look to YouTube to provide tutorials on how to start with light weights or resistance bands.



Things to use around the house to get started

Getting started around the house:

1. Use laundry detergent bottles as kettlebells
2. Use a folding chair as a bench for dips
3. Use a backpack as a weighted vest (fill with canned goods or bottled water). Weigh the backpack to know how much the backpack weighs and slowly add more weight to increase strength.
4. Use a bike pump for triceps strength
5. Use soup cans as small weights for bicep curls etc.
6. Use a broom for mobility workout. Grab a broom with a wide overhand grip, and start with it in front of your hips. Bring the bar up overhead then behind your head, back over your head and down toward your glutes. Return to start for 1 rep.





What if...

- ***I don't like exercise-*** Think about what it is that you would enjoy doing. Not everyone wants to train for a marathon or feels comfortable swimming or cycling. Explore what programs are available in your area or look for YouTube classes or phone apps to help guide you with physical activity ideas. Take advantage of places that offer “free weeks” to try their classes to see if this is something you would enjoy.





What if...

- ***I am too old to exercise:***

Understanding your physical limits are important but shouldn't restrict you from total movement. Balance and stability and core strength are important at any age. Exercising while you sit, riding a stationary bike, walking in a safe, well-lit area or a pool, yoga and stretching exercises as well as water aerobics are all age appropriate ideas.



What if...

- ***I don't have anyone to encourage me or go with me to exercise-***

Create a support system, or make a date with a podcast or music station to tune into during your workout time. Sometimes just hearing another person's voice, even in the form of a podcast is a good distraction.





What if...

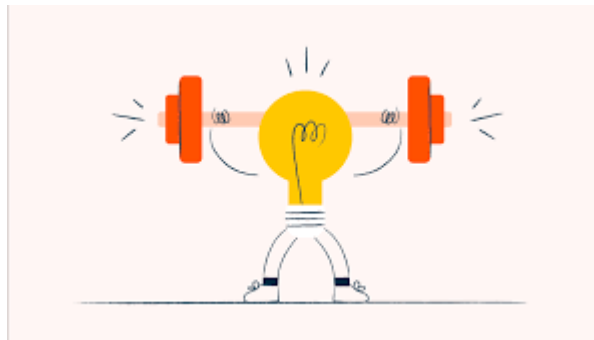
- ***I don't have time to exercise-***

Exercising at the AICR recommendations would include 2.1% of your total time in 1 week! Break it up into small increments (~15 minutes) throughout the day. Start an exercise journal which allows you to plan for the week in advance, and check off your daily accomplishments.



What if...

- ***I don't understand why this would be important-*** Exercise can help your mind and body. Benefits of exercise include: increased energy, aerobic capacity, decreased inflammation, decreased depression and anxiety and overall improvements in quality of life.





Where do you start?



- Define your motivation (Why do you want to exercise?)
- What are you willing to do? ie. Walk, swim, run, yoga, meet with a trainer etc.
- Set a short term and long term goal
- Log your exercise



Resources

Moving through cancer

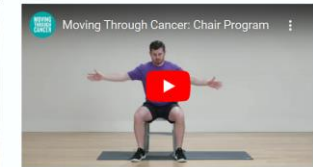


VIDEOS

LIFT PROGRAM



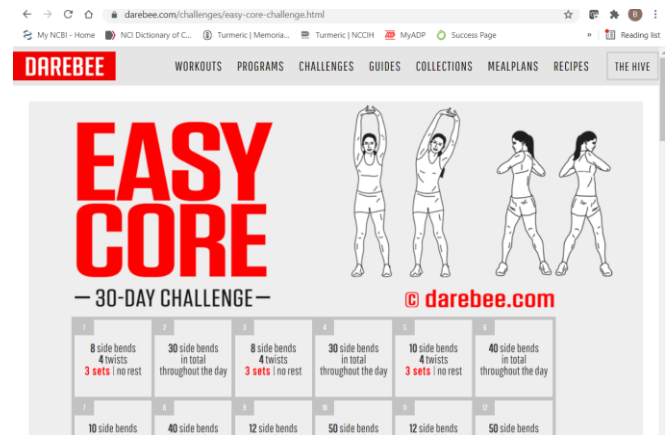
CHAIR PROGRAM



Paul Eugene YouTube

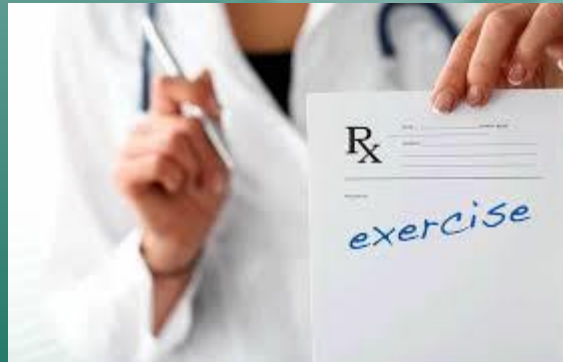


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Exercise & Survivorship

It's time to start your post treatment journey! So lace up your comfy athletic shoes and get moving...You **CAN** do this!



LCI Programs for weight loss

Lynn Cancer Institute
Lite to Fight
Lighter.Stronger.Healthier



Calling all Breast Cancer Survivor Warriors who want to lose weight!


LCI's Support Services is excited to announce the start of the *'Lite to Fight Weight Loss Intervention'*

If you have finished radiation and/or chemotherapy and are motivated to lose weight and maintain a healthier BMI this is the program for you!

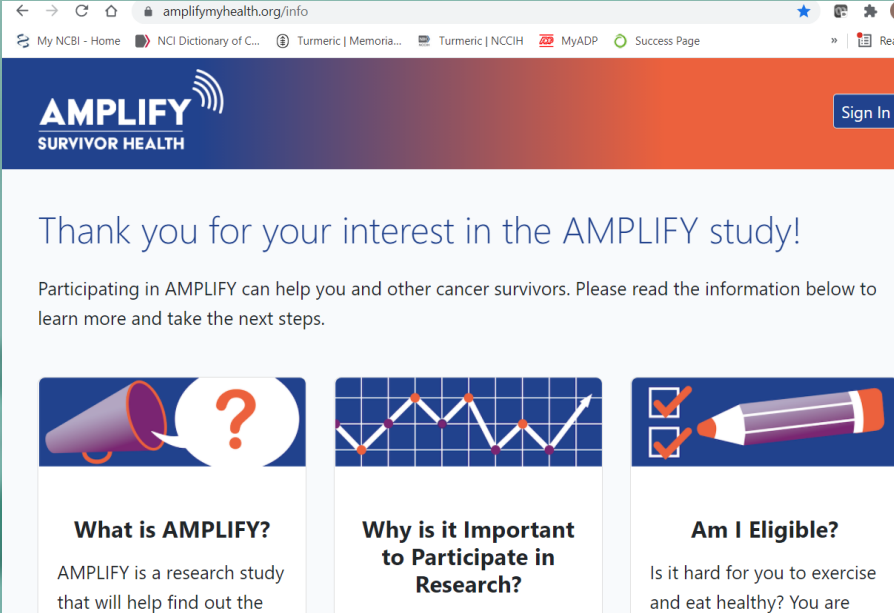
The program is a **10 week** program including individual guidance and counseling regarding nutrition provided by Registered Oncology Dietitians. Each participant will receive an indirect calorimeter reading to precisely calculate their resting metabolic rate and Body composition measurements.

Please contact Brandi Hyatt MS, RD, CSO, LD if you are interested at: 561.955.2184 or Bhyatt@BaptistHealth.net

****Participants must agree to commit to a 10 week program, bi-monthly weigh-ins, and food and exercise journaling. The program is free for LCI Breast Cancer Survivors.**



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Sign In

Thank you for your interest in the AMPLIFY study!

Participating in AMPLIFY can help you and other cancer survivors. Please read the information below to learn more and take the next steps.

-  **What is AMPLIFY?**
AMPLIFY is a research study that will help find out the
-  **Why is it Important to Participate in Research?**
-  **Am I Eligible?**
Is it hard for you to exercise and eat healthy? You are