



Ten things you should know about exercise and cancer!

- Many cancer survivors never return to the recommended levels of physical activity. In breast cancer it has been shown that only 32% of survivors achieve the recommended levels of physical activity ¹
- Exercise can reduce your risk of developing a cancer in your lifetime. In colon cancer this can be up to 50%, and in some types of breast cancers, up to 25% ^{2,3}
- Studies have found that exercise can increase survival rates after certain cancers. In some types of breast cancer, a risk reduction for cancer recurrence of up to 40% has been reported ⁴
- Exercising during cancer treatment is also advised-but talk to your chartered physiotherapist and work within your own limits ⁵
- As cancer survivors are now living long lives, exercise is also important to reduce the risk of developing other conditions such as heart disease and stroke in future years
- Although fatigue is very common after cancer treatment, exercise can actually help reduce fatigue levels ⁶
- Exercise doesn't have to be too strenuous – In fact moderate intensity exercise is best ⁷, so gardening, housework, dancing, and brisk walking all count.
- Exercise doesn't have to cost money-Try walking to the shops or taking the stairs rather than the lift
- It's recommended that we take about 10,000 steps a day. Many smartphones have apps that will tell you how many steps you take.
- It's important to do something you enjoy so that you will stick at it and feel good about it.

References:

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