

Empower - Menopause and Cancer Survivorship Pathway

Exercise

FAQ's

1. Are there certain exercises I should avoid?

- It is best to avoid very high impact exercises to reduce risk of injury. It is also recommended by doctors to avoid workouts that exceed a moderate exertion level.

2. How can I exercise safely?

- Once again, avoid high impact workouts and make sure to exercise on flat surfaces.

3. How often should I exercise?

- Try to exercise at least 3 days per week.

4. How long should I try to be active for each day?

- Doctors recommend 30 minutes of exercise during each session.

5. What are the benefits of exercising when you have menopause?

- Two significant benefits are improving mood and fatigue.

6. Will exercising induce hot flashes?

- Higher levels of physical activity have been linked to increased severity of hot flashes.

7. Will exercise make me fatigued?

- While it seems counterintuitive, exercise can actually improve symptoms of fatigue.

<https://www.cancer.org/treatment/survivorship-during-and-after-treatment/be-healthy-after-treatment/physical-activity-and-the-cancer-patient.html#:~:text=Start%20slowly%20and%20build%20up,least%202%20days%20per%20week>.