

## Empower - Menopause and Cancer Survivorship Pathway

### Lifestyle Supports: Exercise

#### Tips & Advice

1. Try to engage in low impact, moderate level aerobic exercise for 30 minutes at least 3 days per week. A moderate level is when your heartrate is elevated and when you are not so out of breath that you cannot carry out a conversation.
  - a. Exercise example:
    - i. Walk slowly for 5 minutes to warm up
    - ii. Walk briskly for 20 minutes to work up a sweat.
    - iii. Walk slowly for 5 minutes to cool down
    - iv. If exercise is hard start slowly (walk for 5 minutes each day and when you can do that comfortably add 1-2 minutes, keep doing this until you reach 30 minutes of walking)

<https://www.oncolink.org/support/exercise-cancer/chemotherapy-hormonal-therapy-your-bones-what-is-the-role-of-exercise>

2. Tips on getting the most out of your walk:
  - a. Keep your head up
  - b. Relax your neck and shoulders
  - c. Pull in and tighten your stomach muscles and keep your back straight
  - d. Make sure to walk very smoothly: roll your feet from heel to toe
  - e. Swing your arms with a slight bend in your elbows
  - f. Change your pace throughout the walk (start slow, increase pace, slow down again at the end of the walk)

<https://www.cancer.ie/cancer-information-and-support/cancer-support/coping-with-cancer/information-for-survivors/healthy-lifestyle-changes/exercising-after-cancer-treatment>

3. Change up the exercises that you do. Weight bearing exercises like jogging, walking, dancing or climbing stairs are good for improving and maintaining bone strength.
4. Try to do some exercises that will increase muscle and bone strength. Many doctors recommend using resistance bands.
5. Try to find ways to make exercising more enjoyable. For instance, listen to music or podcasts while you walk.
6. Simple ways to stay active on a day-to-day basis:
  - a. Talk a walk in the evening after dinner.
  - b. Rake leaves.
  - c. Park your car in a spot slightly farther away from your location than you normally would so you have to walk a bit farther to your destination.
  - d. Take the stairs rather than the lift.
7. Do not exceed a moderate level of exercise unless your doctor says it is okay.
8. Stretch to increase flexibility. Recommended way to stretch: reach your hands overhead, bending over to touch your toes; hold each stretch for 15-30 seconds

<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.>

9. Make sure to exercise on a flat surface and to engage in activities that won't increase your risk of injury.

(<https://www.cancer.ie/cancer-information-and-support/cancer-support/coping-with-cancer/information-for-survivors/healthy-lifestyle-changes/exercising-after-cancer-treatment>)

10. Drink plenty of water throughout the day. Doctors recommend drinking 8-12 glasses per day (unless you have been instructed not to). (<https://www.breastcancer.org/treatment-side-effects/dehydration>)
11. After exercising eat a healthy snack like a piece of fruit.
12. Try gardening. This is a good gentle way to get some physical activity in. Be sure to wear gloves to protect your hands from getting cut.

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/physical-activity-and-cancer/types>

13. Set short and long-term goals for exercising.
14. Use fitness trackers to track your exercise progress.

### **Wellness**

1. Find hobbies you enjoy (i.e., crafting, photography, reading, art, watching movies, etc.)
2. Engage in activities that will relax your brain and nervous system:
  - Meditation, guided imagery
3. Avoid smoking.