

Useful information about Cancer and physical activity



Remember

Exercise is safe for you during and after your cancer treatment.

How will it help me?

It will help you become fit

You'll get to spend time with friends

It will make school work easier

It will make you happier

Things that might make it harder

Doing stuff you don't enjoy

Keep trying different things 'til you find a form of physical activity, exercise or sport that's right for you.



Tiredness

You will have good and bad days - try to do a little more when you have good days



Doing too much too quickly

So start slowly and build up to more.



Things you need to talk to your doctor about

Central lines check with your team whether it's ok to swim or do contact sports.

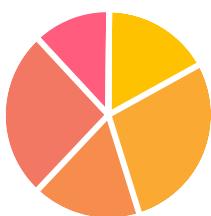
Low blood counts Anaemia makes it harder to be active and low platelets increase your risk of bruising and bleeding. You will also be at increased risk of infection and may need to avoid crowded places.

Bone tumours If your cancer is affecting your bones, you'll need to get special advice from your doctors about what type of physical activity is safe for you.



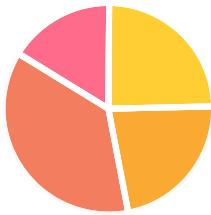
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Starting points



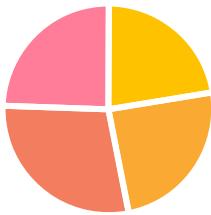
Walk more, and more quickly

- | | |
|---------------------|---------------------------------------|
| ■ walk with a dog | ■ walk the long way to my next lesson |
| ■ walk to school | ■ go up stairs two at a time |
| ■ walk with friends | |



On your bike

- | | |
|------------------------------------|------------------------|
| ■ ride your bike to school | ■ meet up with friends |
| ■ go for a ride in the countryside | ■ ride to the shops |



Look for opportunities

- | | |
|------------------------------------|---|
| ■ join after school activity clubs | ■ standing up when using your phone |
| ■ have a kick-about in the park | ■ dance with your friends to your favourite songs |

Daily checklist

Try to make sure you do at least 2 of these every day:

- Get outside for at least an hour
- Take the long route to somewhere
- Get out of breath at least once
- Sit upstairs on the bus
- Dance to your favourite track

Don't forget

You can be just as fit as anyone else

Did you know that 'Wolverine' actor Hugh Jackman and 'The Hulk' actor Mark Ruffalo were both previously diagnosed with cancer? With just a little bit of movement a day, you can be fighting fit just like these superheroes!



Every moment counts

Whether you're dancing in your room when no-one's watching, indulging in a bit of extreme chores, or walking faster to get to school, don't miss an opportunity to get moving!



Drink more

Make sure you keep well hydrated during activity



Don't worry if it hurts a bit

Muscle and joint pain are totally normal when you're getting fit.



Sleep better

Physical activity improves your cancer-related tiredness and helps you sleep better.

