



Physical Activity

Medicine without
side effects!





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Programs include:

- Cancer-related Brain Fog
- Cancer-related Fatigue
- Returning to Work
- Healing Journey



Agenda

Exercise as Medicine

Lymphoma and Exercise

Precautions

Preventing Boom or Bust

Keys to Success

Smart Goals

What is My Plan?

Questions?



Physical Benefits

- Improves strength and fitness
- Stronger bones and muscles
- Preserve brain health
- Can assist in weight management
- Improve posture
- Increase in metabolic rate
- Improves digestion and elimination
- Increased energy levels
- May help maintain independent living



Mental Health Benefits

- Improves mood
- Decreases stress
- May increase social interactions
- Improves self-esteem
- Improves relaxation
- Improves sleep
- Decreases isolation and loneliness
- Better quality of life



Disease Prevention and Management

- Type 2 diabetes
- High blood pressure
- Heart disease, stroke, high cholesterol
- Osteoporosis
- Arthritis
- Sleep disturbances, anxiety and depression
- Cancer - Colon, breast, endometrium and 10 others



Benefits for Lymphoma Patients

- help prepare your body for treatment
- reduce side effects of some treatments for lymphoma for e.g. nausea, fatigue and constipation
- reduce risk of infections while you are on treatment
- reduce the risk of developing blood clots while you are on treatment
- **reduce fatigue** and improve sleep
- increase muscle strength and improve balance
- help you regain your strength post treatments
- improve your general emotional wellbeing, for example by managing stress
- Source: Lymphoma Canada and Lymphoma Action



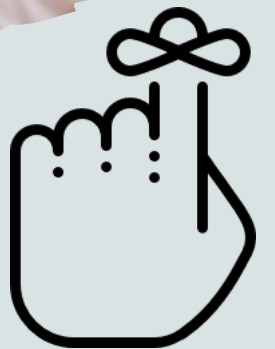
Did you know physical activity guidelines remain the same for people post cancer?

150

mins of moderate to vigorous aerobic physical activity per week.

2x

Muscle strengthening activities twice a week.



Aerobic physical activity – 150 mins per week

- Any continuous type activity that involves the heart pumping oxygenated blood to the working muscles
 - Sometimes called “cardio or endurance exercise”
- **Examples:**
 - Walking or jogging*
 - Cycling*
 - Swimming*
 - Aqua Fit Classes*
 - Cross-country skiing*
 - Dancing*
 - Continuous housework (cleaning or yard work)*

Strength training – 2x per week

- Strength training exercises use resistance to build muscle and increase strength. It is helpful in prevention of osteoporosis. Examples include exercises using weight or resistance bands, your own body weight and yoga.
- **Important Tips:**
- **Ensure to use proper technique with light weights first and gradually increase the load**
A fitness professional can be a very helpful resource
- **Take at least one rest day in between resistance training sessions involving the same muscle group**
- **Ensure proper breathing!**

Balance/flexibility –a few minutes several x per week

- This type of activity that helps to keep your muscles and joints mobile and less stiff.
 - It helps to maintain range of motion, prevent falls and minimize injuries.

Examples:

Yoga

Tai chi

Yard Work, Gardening

Balance Exercises



Safety Precautions for those with Lymphoma

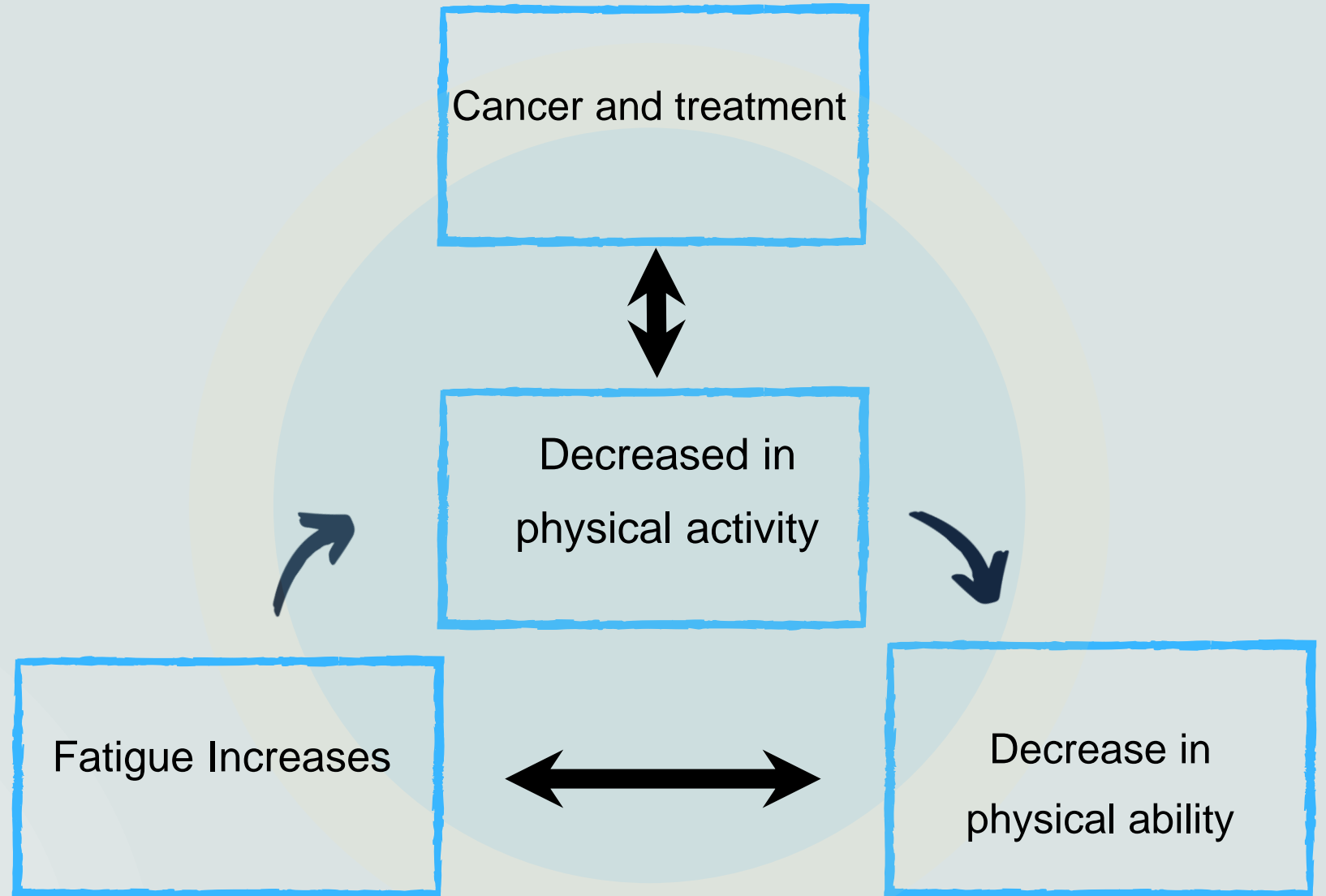
- **It is important to seek advice about the type and intensity of physical activity that is suitable for you with your health care team. They can also advise on any precautions you should take based on your individual circumstances.**
- For example, you might be advised against doing high-impact activity (such as running) if lymphoma affecting your bones and you have a higher risk of bone fracture.
- During, or soon after your treatment for lymphoma, you might be advised to avoid some activities, particularly if you have certain side effects including those that lower your blood cell counts.

Safety Precautions for those with Lymphoma

Always consult with a health professional with any of these concerns:

- Low blood counts including a shortage of platelets (thrombocytopenia), a shortage of neutrophils (neutropenia) or low red blood cell count (anemia)
- Potential effects of chemotherapy drugs or other treatments on your heart or lungs
- Nerve damage to your peripheral nervous system (peripheral neuropathy)
- Diarrhea or vomiting
- Bone health issues

Cancer and Deconditioning



The Boom and Bust cycle



Activity Pacing

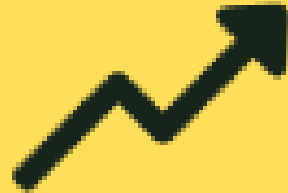
Set a baseline



Schedule &
repeat



Increase little by
little



Set Goals



Use relaxation
strategies



Tips for long term success



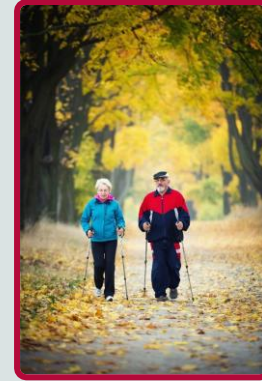
- Regular physical activity must be planned into your schedule, just like everything else that is important to you.
- If we wait for the time to free up or for when we have the energy to do it, that time will likely not come very consistently.

Tips for long term success



- Understand what could get in the way of your exercise plans and always have a **Plan B**
- **Have a plan** for getting extra support when you are fatigued, switch it to a later time, practice saying know more often, do exercise first before calls/texts start to come in, cancel another activity, do a walking meeting/phone call, etc.
- If your health team advises precaution against certain exercises due to low blood counts etc., keep exercising but **choose a safer alternative!**
- **In Ottawa, we need a Plan B for the weather.** Just relying on outdoor walks for exercise, may not always work. Having a treadmill or indoor bike, switching on-line videos, access to a gym are key to keeping things consistent. If you do like to get outdoors, invest in proper footwear and clothing. Wearing ice grips, etc. can mean you can get out there in almost any weather.

Tips for long term success



- **Partner up.** There is lots of research to show that if you plan your exercise with someone else, you will feel more accountable and more likely to do it.
- **Find something you enjoy** and feel the benefits from.
- **Practice self-compassion.** If you are always avoiding exercise, be curious and non-judgmental. Ask yourself why? Maybe you need to try something different?



Tips for long term success

- **Professional support could be a help!**

This could include:

- Physiotherapists
- Occupational Therapists
- Personal trainers with recognized certifications (Can-fit Pro, YMCA, NSCA, CSEP, etc.)
- Registered Kinesiologist
- Clinical Exercise Physiologist

- **Always check their experience working with cancer patients.**

- **Group Programs**

- <https://kinesiology.ucalgary.ca/labs/health-and-wellness/research/research-studies/exercise-cancer-enhance-living-well-excel>
- <https://wellspring.ca/program/cancer-exercise/>
- <https://ottawacancer.ca/>



TIME FOR ACTION

WHAT IS NEXT FOR YOU?



SMART Goals



S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIMED

Examples of Smart Goals

- Every day starting this week I will walk 10min during my lunch hour
- I will call my doctor's office and book an appointment to discuss my exercise plans by Wednesday this week.
- I will write down 3 pros and cons to starting to reincorporate exercise as part of my lifestyle by the end of the week
- I will bike to work at least once in the morning by the end of this week
- I will get off the bus one stop earlier on my way home every day this week
- I will take the stairs this week any time my destination is less than 2 floors away
- I will jog on the treadmill 3 times per week for 30min.

Where do I want to be in 6 months?



What am I going to do this week to get me there?





Questions????
