

MACMILLAN
CANCER SUPPORT

PHYSICAL ACTIVITY AND CANCER



“No matter how long it takes,
I feel I can achieve my goals”

Sonia, diagnosed with bowel cancer



About this booklet

This booklet is about physical activity and cancer. Physical activity is any type of exercise or movement that uses your muscles. This includes everyday activities such as walking, housework and gardening. Any type of activity will help maintain or improve your fitness, health and well-being.

This booklet is for anyone who has cancer or has had treatment for cancer and is thinking about becoming more physically active. There is also information for carers, family members and friends.

The booklet explains what physical activity is, its benefits and how to be safe when exercising. It also includes information about the types of activity you can do and how to get started. We hope it helps you deal with some of the questions or feelings you may have.

How to use this booklet

The booklet is split into sections, to help you find what you need. You do not have to read it from start to finish. You can use the contents list on page 5 to help you.

The booklet contains a lot of information. It is fine to skip parts of the booklet. You can always come back to them when you feel ready. This booklet is also available as an audiobook, if you prefer to listen to the information.

Quotes

In this booklet we have included quotes from people who have tried to become more physically active. Some quotes are from our Online Community ([macmillan.org.uk/community](https://www.macmillan.org.uk/community)). Others are from people who have chosen to share their story with us. To share your experience, visit [macmillan.org.uk/shareyourstory](https://www.macmillan.org.uk/shareyourstory)

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, Monday to Friday, 9am to 8pm, or visit **macmillan.org.uk**

If you would prefer to speak to us in another language, interpreters are available.

If you are deaf or hard of hearing, use textphone **0808 808 0121** or Text Relay.

We have some information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call **0808 808 00 00**.

Your data and the cancer registry

When you are diagnosed with cancer in the UK, some information about you, your cancer diagnosis and your treatment is collected in a cancer registry. This is used to plan and improve health and care services. Your hospital will usually give this information to the registry automatically. There are strict rules to make sure the information is kept safely and securely. It will only be used for your direct care or for health and social care planning and research.

Talk to your doctor or nurse if you have any questions. If you do not want your information included in the registry, you can contact the cancer registry in your country to opt out. You can find more information at [**macmillan.org.uk/cancerregistry**](https://www.macmillan.org.uk/cancerregistry)

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ABOUT PHYSICAL ACTIVITY

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What is physical activity?

Being physically active can mean doing simple daily activities. This includes:

- housework, for example vacuuming
- gardening
- walking to the shops
- walking up the stairs instead of taking the lift.

Or it can mean more energetic activities, such as:

- dancing
- running
- cycling
- digging in the garden.

What type of physical activity you do will depend on what stage you are at with cancer treatment. It will also depend on which activities you enjoy. Your level of fitness will also affect the amount of activity that you can do.

'When so many things are going wrong, it feels great to do something that you can tell makes you feel better as you do it.'

Ailsa

Why be more active?

Becoming more physically active is a positive change when you are living with or after cancer. Cancer and its treatment can make things feel very uncertain. Doing something for yourself like becoming more active can help you feel more in control. Research suggests that along with having a healthy diet, being physically active can help reduce the risk of some cancer types coming back. It can also help reduce the risk of developing other health problems, such as heart disease, stroke and diabetes.

Being active before, during and after treatment is safe. It can:

- reduce tiredness (fatigue)
- help look after your heart
- reduce anxiety and depression
- help you keep to a healthy weight
- strengthen your muscles
- improve bone health
- improve your flexibility and ability to stretch
- improve balance
- increase your confidence.

There is also a small amount of evidence to suggest physical activity may help improve memory.

You might be nervous about starting a physical activity plan, especially if you were not very active before your cancer treatment. You may worry that you are too tired or that you might injure yourself. But research shows that even a little activity is better than no activity at all. As you start to feel more confident, you can slowly build up the amount of physical activity you do.



How much activity is recommended?

There are international guidelines for physical activity and cancer. They were developed by the American College of Sports Medicine (see page 75). They are supported by the National Cancer Institute and the British Association of Sport and Exercise Sciences (see page 75). They advise that:

- physical activity is safe during and after cancer treatment
- you should try to avoid being inactive
- you should try to get back to your normal activities as soon as possible after treatment.

If possible, slowly build up to the recommended physical activity levels. These are listed over the following pages.

Recommendations for aerobic activity

Aerobic activity is physical activity that causes you to become breathless and find it difficult to talk. You may be sweating and feel your heart beating faster. Examples of aerobic activity include walking, running or cycling. The UK Government also has recommendations on physical activity (see page 15). It advises that healthy adults do one of the following every week:

- At least 2½ hours (150 minutes) of moderate-intensity activity. This means activity that causes you to breathe deeper and faster, but you can still talk. Your heart may be beating faster but not racing.
- At least 1¼ hours (75 minutes) of vigorous-intensity aerobic activity. This means activity that causes you to breathe very hard, so that you cannot have a conversation. Your heart will be beating very fast.
- At least 1¼ hours (75 minutes) using a combination of both moderate and vigorous aerobic activity.

We explain these in more detail in our section on what type of activities you should do (see pages 32 to 41). If you are over 65, the recommendations are the same.

To do 150 minutes of activity in a week, you could do 30 minutes of activity on 5 days of the week. On the 5 days of physical activity, you could do three 10-minute sessions during the day.

It is important to build this up slowly and at a pace that is comfortable for you. We have some suggestions for the types of activities you could do (see pages 32 to 41). The guidelines recommend that if you have not been active for a while, a little activity is better than no activity at all. This includes doing some very light activity. Light activity means you can talk and breathe easily at the same time.

Other recommendations

As well as doing a certain amount of activity, the UK Government also recommends that you try to do the following:

- Activities that improve muscle strength on at least 2 days of the week.
- If you are at risk of falling, try to do activities that improve co-ordination and balance on at least 2 days of the week.
- Do stretching exercises before and after each session.

For some people, activities that improve muscle strength and balance may be more helpful than aerobic activity. It depends on the stage of cancer or treatment. A physiotherapist or cancer exercise specialist may be able to give you some advice about which activities are most suitable for you.

Being active every day

If you are doing exercise sessions run by a professional, it is still important to make physical activity part of your daily routine. You could:

- reduce the amount of time you spend sitting or lying down
- choose the stairs rather than the lift when possible, even if it is only part of the way up
- stand up and stretch your legs every 30 minutes if you work sitting down
- walk or cycle shorter distances rather than use the car
- get off the bus a stop earlier or later and walk the extra distance.

The infographic opposite shows the amount of physical activity recommended for adults. It also suggests ways of doing it.

Physical activity guide for adults

Be active

Keep your heart and mind healthy

Build strength

Strengthen muscles, bones and joints

Improve balance

Reduce your risk of falling

How often?

150

minutes of moderate activity a week

or

75

minutes of vigorous activity a week

2

days a week

2

days a week

Walk



Run



Gym



Dance



Gardening



Sport



Aerobics



Tai chi



Swim



Stairs



Carry bags



Bowling



Sit less

TV



Sofa



Computer



Break up long periods of sitting down to help keep your muscles, bones and joints strong.

How much activity is right for you?

Which type of activity you do, and how much you do, will depend on the following:

- How fit you were before you were diagnosed. If you were active before, you may have to build back up to the same level slowly. But you may need to build to a new level that is suitable for your situation. Some people may be able to continue as they did before their diagnosis.
- The type of cancer and treatments you had or are still having. This may affect what is safe for you to do and what you can manage (see pages 50 to 61).
- Any symptoms or treatment side effects you have. This includes any emotional effects of cancer.
- Any long-term conditions you have, such as heart problems.
- Whether you have long term effects of the cancer or its treatment. This might include bone problems, lymphoedema, peripheral neuropathy, heart problems, bladder changes or a stoma.

During your treatment, your energy levels will change from day to day. The main goal is for you to try to spend less time sitting or lying down. If you can, you should try to balance small amounts of light or moderate exercise with periods of rest.

Choose activities you enjoy and set some realistic goals for yourself. If you feel very tired the day after activity, you may be trying to do too much, too soon. Over time, you will be able to increase the amount you do.

After treatment ends, increase your activity slowly. If your treatment means you will stay on medicines for some years, it is still possible for you to be physically active. Talk to your specialist nurse or GP about being referred to a physiotherapist or cancer exercise specialist. You can also call our Macmillan cancer information specialists for more information (see page 72).

If you can, try to slowly increase the amount you do to the amount of activity recommended by the UK Government (see pages 12 to 13).

We have more information on how to get started with physical activity and where to get help from professionals such as physiotherapists (see pages 64 to 67).



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Benefits of physical activity

There are benefits of being active at every stage of cancer or treatment. But there can be extra or specific benefits, depending on which stage you are at. For all stages of treatment, it is important to make sure the physical activity you are planning is safe to do in your situation.

Most types of light physical activity, such as walking, are safe.



Being active before treatment

If you know you are going to have treatment, your doctor might encourage you to start some physical activity beforehand. This is to help improve your general fitness level. It can also help with your recovery after treatment.

Being active before treatment starts may mean you have fewer side effects, or that they are less severe. It can also help you feel more in control and mentally prepared for treatment. It may help you recover more quickly.

Some people have to start treatment straight away, so there is no time to become more active before treatment. If this happens, you can talk to your cancer doctor or specialist nurse about plans to get active during or after treatment. They may refer you to a physiotherapist for advice (see pages 64 to 65).

Being active during treatment

Being physically active during treatment is generally safe. But there may be activities you need to avoid or be careful with (see pages 50 to 59). There may be some weeks when you have to do less, such as immediately after chemotherapy. It is important not to suddenly start intense exercise that you are not used to.

Regular activity will reduce the risk of blood clots (thrombosis). These are more common after cancer, especially if you:

- have recently had surgery, chemotherapy or a hormonal therapy
- spend a lot of time not moving.

Some physical activity during treatment will help you maintain your fitness, strength and bone health. It is best to try to increase the amount of activity you do in the long term. Try not to worry about any short-term setbacks.

'I didn't run during my treatment, as I didn't feel I should. I tried it once and got light-headed, so I walked instead. It got fresh air in my lungs and made me feel better.'

Sharon

If you are not sure about being active during treatment, talk to your specialist nurse, physiotherapist or GP. Some hospitals and community services have cancer exercise specialists or classes that you can be referred to (see pages 64 to 67).

Move More: your guide to becoming more active has lots of tips to help you get started. See page 70 for details of how to order this.

What you can manage will depend on your level of fitness and the treatment you are having. If you feel unfit and treatment is making you feel very tired, then you could start gently by trying to:

- reduce the amount of time you spend sitting or lying down
- do some light housework or gardening
- go for a walk.

Remember to take things slowly. Try not to do too much, even on a good day.

If you already exercised before treatment, you may find you need to do it at a slower pace or lower intensity during treatment. You can slowly increase it again after treatment ends.

Studies have shown that exercising during chemotherapy helps people stay active. It also helps them feel better about their quality of life.

'The feel-good factor I got after exercise was fantastic. The focus of exercise during and after treatment has gone a long way to helping me get to where I am now, both physically and mentally.'

Michaela

Being active after treatment

Being physically active after treatment is a positive step in your recovery. It may help reduce the risk of certain cancers coming back. It may also help you manage and reduce the risk of:

- late effects of treatment, such as fatigue
- weight gain or loss
- other health problems, such as heart disease.

Physical activity and late effects

Late effects are side effects that may develop months or years after treatment ends. Not everyone will get late effects, but being physically active may reduce your risk. It can also help you manage late effects.

Heart health

Some treatments may slightly increase the risk of heart problems in the future. These include radiotherapy that is given close to the heart and certain chemotherapy or targeted therapy drugs.

Aerobic activities can help protect your heart and reduce the risk of late effects developing. The type of aerobic exercise you can do will depend on your ability. We have some examples of aerobic activity (see pages 34 to 35).

Our booklet **Heart health and cancer treatment** has more information about keeping your heart healthy (see page 70).

Bone health

Hormonal therapies for breast cancer and prostate cancer can increase the risk of bone thinning (osteoporosis). This can also happen if you have an early menopause due to cancer treatments.

Activities where you are supporting your own body weight will help keep bones strong. These are sometime called weight-bearing exercises. They include walking, dancing and resistance training such as lunges and squats (see pages 36 to 37).

If you have osteoporosis, get advice on exercise from your doctor, nurse, physiotherapist or exercise specialist. We have more information about being safe if you have bone problems (see pages 55 to 56).

Our booklet **Bone health** has more information about looking after your bones (see page 70).

Anxiety and low mood

Many people feel overwhelmed when they are told they have cancer. During and after treatment, you may have many different emotions. These include uncertainty, anxiety and depression.

Research has shown that being physically active during and after treatment can help improve your mood and confidence. Doing something positive for yourself can help you feel more in control.

We have more information about your emotions and cancer treatment in our booklet **How are you feeling** (see page 70).

Keeping to a healthy weight

Some people may gain weight because of cancer and its treatment. If treatment makes you feel tired, you may be less active than usual. Hormonal therapies and steroids can also cause weight gain.

Being active and eating healthily can help you manage your weight. Keeping to a healthy weight can help reduce the risk of:

- joint problems
- back problems
- developing a new (primary) cancer – excess body fat has been linked to some bowel, breast and womb cancers.

Some people lose a lot of weight after cancer and its treatment. The amount of muscle you have may be reduced. Physical activity can help you gain weight by building muscles.

We have more information about keeping to a healthy weight in our booklet **The building up diet** (see page 70).

Other health problems

After cancer treatment, some people are more at risk of developing other health problems. Being physically active can help you manage or reduce your risk of:

- high blood pressure
- stroke
- high cholesterol
- type 2 diabetes
- kidney disease.

Reducing the risk of cancer coming back

There is some evidence that being physically active at the recommended levels (see pages 12 to 15) can reduce the risk of some cancers coming back. These include breast and bowel cancer.

Research into physical activity is ongoing. More evidence is needed before we will know how much and what specific exercise is needed to reduce the risk of cancers coming back.

'Following diagnosis, I became really depressed. Exercise was part of the cure – it really worked and still does.'

Aleksander



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Simple ways to be more active

There are lots of ways you can become more active. It is important to do something you enjoy that also fits in with your life. This could be walking to the shops, playing with your children or grandchildren in the park, gardening or going dancing with friends. It could mean going to a class in a local leisure centre or doing a sport or active hobby. Or it may mean spending less time sitting or lying down and being more active around the home.

Everyone's experience of cancer is different, both during and after treatment. Listen to your body to see which activities feel right for you.

There are lots of ways you can become more active, including:

- doing more around the home, such as housework or gardening
- walking or cycling to work, to the shops, to see friends, or on the school run
- joining a walking group, or using a pedometer or fitness tracker to record your steps each day – visit [macmillan.org.uk/beactive](https://www.macmillan.org.uk/beactive) for information on how to order a pedometer
- stretching exercises like yoga, tai chi, qi gong or pilates
- activities that can be done with friends and family, such as swimming or dancing
- doing the activities on our **Move more DVD** (see page 70)
- joining a class at the local leisure centre
- taking up a sport like badminton, bowls or golf.

You could also ask your GP if they can refer you to a structured exercise programme for people with cancer or long-term conditions (see page 67). These are usually based at a leisure centre with a gym or dance classroom.

In some areas, Macmillan has developed physical activity support services to help you become more active. These are sometimes called Move More programmes. These programmes give you the opportunity to discuss your needs with a cancer and physical activity specialist. The specialist will help you set goals that you can achieve and offer ongoing support. They will help you find activities that are right for you. To find out if you have a specialist in your area, visit [macmillan.org.uk/inyourarea](https://www.macmillan.org.uk/inyourarea)

If you have advanced cancer, most types of light physical activity are safe, such as going for a short walk (see pages 60 to 61). This can help reduce symptoms such as tiredness and poor appetite. You might also want to speak to your doctor.

'Physical activity aided my emotional well-being and helped me remain positive. I used to come back from the doctor's and do a dance class with the children. I would forget about everything. It gave me time to not dwell on the negative.'

Libby

What types of activity should I do?

If possible, try to do a mix of activities that improve your aerobic fitness, balance, strength and flexibility. Becoming active for the first time or returning to activity during or after cancer is not always easy. If you are going through treatment, you may find it useful to plan your activity around this. Or if you usually feel very tired (fatigued) at a certain time of day, avoid planning activity for this time.

Think about what you are most interested in doing and what you would enjoy the most. You could make a list below of the different activities you and your family and friends could try. There is not a single activity that is best for everyone. The important thing is to choose something that fits in with your life.

Exercise intensity

If you have not been active for a long time, you should increase your activity slowly. Try to do a little more activity each week.

This is how it feels to be active at different intensities (how much energy you use):

- **Light intensity** – You are breathing and talking easily. It does not feel like there is a lot of effort involved.
- **Moderate intensity** – Your breathing is quicker and deeper, but you can talk. Your body warms up and your face has a healthy glow. Your heart is beating faster than normal but not racing.
- **Vigorous or high intensity** – You are breathing very hard, so you cannot carry on a conversation. Your heartbeat feels fast.

When you are comfortable doing an activity for longer, you can think about increasing the intensity from light to moderate, and then to vigorous. For example, you could walk the same distance but in a shorter time and at a faster pace.

Aerobic exercise

Aerobic exercise works your heart and lungs. It uses large muscle groups, such as the ones in the legs. It does this repetitively for a period of time. It makes you breathe harder and raises your heart rate, so your heart works harder to pump blood through the body. It is particularly good for your heart and cardiovascular system. The cardiovascular system includes the heart and the blood vessels that carry blood around the body.

These are common aerobic exercises:

- **Daily activities** – Taking the stairs, doing housework such as vacuuming or hanging out washing, gardening, walking the dog and playing games with children are all considered moderate-intensity activities.
- **Walking briskly** – This is one of the simplest and most effective aerobic exercises. It is also a weight-bearing exercise, because your feet and legs support your body's weight. This means it is good for strengthening the bones (the spine, pelvis and leg bones). Walking can be a moderate-intensity activity. All you need are comfortable walking shoes.
- **Gardening** – This is a way of enjoying some physical activity outdoors. Heavier gardening such as digging or pushing a lawn mower can count as moderate activity. Spending time in the garden might also help with stress or anxiety. If you do not have access to a garden, there are schemes across the UK where you can garden, grow fruit and vegetables or take part in nature conservation. Green Gyms is one of these schemes. Visit [tcv.org.uk/greengym](https://www.tcv.org.uk/greengym) Visit your local authority's website to see which schemes might be available near you.

- **Running and jogging** – These can be considered as vigorous activity. They are great for your heart and lungs and they are weight-bearing exercises. These activities are high impact and may put stress on your spine and joints. If you have bone or joint problems, you may want to choose something less weight-bearing (see pages 55 to 56). This could include jogging on a trampoline, cycling or swimming.
- **Cycling and swimming** – These can be considered as moderate or vigorous activity. They are good for your heart and lungs. They strengthen your muscles but put very little strain on your joints, because they are weight-supported exercises. They can be good activities if you have bone or joint pain. Swimming is particularly beneficial if you have lymphoedema (see page 58). Swimming is not recommended if you have irritated skin due to radiotherapy. It is also not recommended if you are having chemotherapy and you have a PICC line or central line.
- **Group exercise and other sports** – There are other aerobic exercise options you could do with a friend or a group. These include aerobics classes, dancing, golf, tennis, badminton and bowling.

Muscular strength exercises

These exercises involve making your muscles work harder than usual, against some form of resistance. They strengthen muscles, bones and joints. Having good muscle strength makes it easier to do day-to-day things for yourself. It can help you be more independent. This is a good activity if you have, or are at risk of, bone problems (see pages 55 to 56).

If you have lymphoedema, you can still include strengthening exercises (see page 58). You should start slowly with light weights. You should slowly build up the number and intensity of the strengthening exercises. Try to keep the movement flowing as much as possible. It is important to avoid any injuries or muscle strains, as this could make lymphoedema worse. If you have a compression garment, you usually need to wear it when you exercise. Talk to your lymphoedema specialist nurse if you are unsure about resistance-strengthening exercises.

The exercises can be done with body weights, hand weights, machines or elastic bands. You can do simple exercises at home, such as lifting cans of food or bottles of water.

We have more examples of the types of exercise you can do at home on the DVD in **Move more: your guide to becoming more active** (see page 70).

There are other simple resistance exercises you can do at home, such as moving from sitting to standing using a chair, or press-ups against a wall. The NHS website shows you how to do these and other simple exercises safely at home (see page 79). These exercises are aimed at older people, but they are appropriate for people of any age who want to start moving during treatment or while they are living with cancer.

Some exercise classes focus specifically on strengthening exercises you do while sitting down. These are called seated exercise classes. Ask your GP or nurse if there are any in your local area, or call your local leisure centre to see what is available (see page 67).

If you are doing a gym-based or circuit programme with resistance machines and free weights, make sure it is run by a qualified exercise specialist who has knowledge of cancer and its treatment.

Flexibility exercises

Working on increasing the flexibility of your joints and muscles helps you stay flexible. It can help prevent injuries and strains. Simple stretching exercises are a good way to start, especially if you have been unwell or have recently had surgery. The NHS website has some stretches you can do (see page 79). It is best to do these stretches as a daily routine. They will only take you a few minutes.

Yoga, tai chi and qi gong are also good to help improve flexibility. They use breathing techniques combined with body movements. They can also help you relax and reduce stress.



Balance exercises

Yoga, tai chi, pilates, body balance and qi gong help increase balance and strength. Cycling (but not on an exercise bike) and dancing are also good for your balance.

You can download free booklets about simple balance exercises you can do at home from **laterlifetraining.co.uk** These are good for building strength, whatever your age.

The table on the next pages lists different activities and how they help improve your stamina, strength, flexibility and balance. It has been adapted from the British Heart Foundation's booklet **Get active, stay active** (see page 78).

Activity	Aerobic/ stamina	Strength	Flexibility	Balance
Aerobic classes at a gym	✓	✓		✓
Badminton	✓		✓	✓
Brisk walking/ walking uphill	✓	✓		
Climbing stairs	✓	✓		✓
Cycling	✓	✓		✓
Dancing	✓	✓	✓	✓
DIY		✓	✓	✓

Activity	Aerobic/ stamina	Strength	Flexibility	Balance
Football	✓	✓		✓
Mowing the lawn	✓		✓	
Pilates/tai chi/qi gong		✓	✓	✓
Vacuuuming	✓		✓	
Washing the car	✓	✓		
Water aerobics	✓	✓		✓
Yoga		✓	✓	✓

Physical activity in your area

There are many ways to find out which activities are available near you. Visit [macmillan.org.uk/beactive](https://www.macmillan.org.uk/beactive) for more information and useful links.



Finding activities near you

There are lots of organisations and websites that can help you find out which activities are available near you:

- Contact your local council. Look on the website or call to find out which activities are provided in parks and leisure centres.
- Ask your GP if they can refer you to any specialist services. This might be an exercise referral scheme, falls prevention (if you are worried about falling) or physiotherapy (for example if you have had surgery and have problems with range of movement).
- If you would like to exercise with other people with cancer, search for Move More and other health groups in your local area on our website (see pages 70 to 73).
- On the Be Inspired website, you can find information about sport and fitness venues, clubs and activities across the UK. Visit **beinspireduk.org**
- There is a national search tool for England on the NHS website. Choose 'sports and fitness services' and enter your postcode. The website also has suggested exercise videos and podcasts. Visit **nhs.uk/service-search**
- In Scotland, you can visit Sport Scotland to search for activities near you. Visit **sportscotland.org.uk**
- In Wales, you can visit Sport Wales to search for activities near you. Visit **sportwales.org.uk**
- In Northern Ireland, you can visit Sport NI to search for activities near you. Visit **sportni.net**

Walking groups

Walking groups are an enjoyable, social way to become active. There are free, guided health walks across the UK. We have more information about health walks below and how to search for your nearest group.

England – Walking for Health

Walking for Health supports local schemes across England to offer short, free walks.

Together, the Ramblers and Macmillan Cancer Support fund Walking for Health. This helps more people, including those affected by cancer, discover the joys and health benefits of walking.

To find your nearest walk, visit walkingforhealth.org.uk

Scotland – Paths for All

Paths for All has established health-walk groups across Scotland. The walks are all led by a trained volunteer and are less than an hour long. To find out more, visit pathsforall.org.uk

Wales – Let's Walk Cymru

Let's Walk Cymru groups are short-walk groups designed to help people become fitter through regular walking. For more information or to find a walking group near you visit letswalkcymru.org.uk

Northern Ireland – Walking for Health

Walking for Health group walks are aimed at people who do little or no physical activity but who would like to become more active.

These groups are led by trained volunteers and are available throughout Northern Ireland. If you are interested in finding out about walking groups in your area or would like to become a trained walk leader, contact the physical activity co-ordinator at your local health trust. You can find their details at getalifegetactive.com/adults/walking

'I found the Walking for Health leaflet in my library. It was one of the best things I've ever done. I feel like I've found the real me again. I am fitter, happier and more confident.'

Jermaine

Mobility and disability organisations

There are specific organisations that can help if you have mobility problems or a disability:

Disability Sports Northern Ireland

www.dsni.co.uk

Disability Sport Wales

www.disabilitysportwales.com

English Federation of Disability Sport (EFDS)

www.efds.co.uk

Scottish Disability Sport

www.scottishdisabilitysport.com

WheelPower

www.wheelpower.org.uk

Next steps

Once you have started, you will probably find that being active becomes an enjoyable part of your life. You may notice the benefits quite quickly, such as feeling less tired and stressed, and having more confidence. Noticing these changes and knowing the benefits to your health can keep you motivated, even on difficult days. If you are struggling, do not feel disappointed.

Our guide **Move more: your guide to becoming more active** can help. It includes goal-setting pages, tips and advice. It also includes a DVD, which shows you how to do aerobic, strength and flexibility exercises, at different levels of intensity. Order one online at **be.macmillan.org.uk** or by calling **0808 808 00 00**.



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Tips for exercising safely

It is usually safe to start doing some physical activity during or after treatment. It can be hard to think about exercise when you are dealing with the symptoms of cancer or side effects of treatment. But becoming more active may help deal with this.

If you decide to do some type of physical activity, it is important to make sure you do it safely. Even if you did regular physical activity before you were diagnosed with cancer, you may need to be more careful. Below are some general tips for keeping safe when doing any type of physical activity:

- Start slowly and gradually build up.
- Do not exercise if you feel unwell or if you have any symptoms that worry you.
- If you have bone problems, you should avoid uneven surfaces and activities that increase the risk of falling. You should also avoid high-impact activities such as running (see pages 55 to 56).
- Wear well-fitting trainers or walking shoes.
- Drink plenty of water, so you do not get dehydrated.
- Protect yourself in the sun.
- Have a healthy snack after exercising, such as a banana.

You should stop exercising if you get any sudden symptoms, including:

- feeling dizzy
- chest pain
- a racing heart
- breathing problems
- feeling sick
- unusual back or bone pain
- unusual muscle pain
- a headache that does not go away.

Speak to your doctor if you notice any of these, or any other symptoms.

If you are having treatment

Surgery

Your doctor might encourage you to start some physical activity before surgery. This can help improve your general fitness level and help with your recovery.

It is important to start moving around as soon as possible after surgery. This reduces the risk of complications such as blood clots. But depending on the operation, there may be some activities you should avoid. For example, if you have a stoma, you may be given advice on which activities to avoid at first. Your surgeon, physiotherapist or nurse will tell you which activities you should avoid and for how long.

A physiotherapist or nurse may show you exercises to do when you get home. For example, women who have breast surgery are usually given arm and shoulder exercises to improve their flexibility (see page 38).

If you had surgery to your pelvis, or near your hips, you may be shown exercises to help strengthen your stomach (core) and pelvic floor muscles (see pages 36 to 37). Try to do these for as long as you were advised to. If you have pain, discomfort or swelling that stops you doing them, tell the physiotherapist or nurse.

Chemotherapy

Chemotherapy can lower the number of blood cells made in the bone marrow. We need different types of blood cell to do different jobs. So when the number of blood cells is reduced, you may be at an increased risk of some problems.

Risk of infection

White blood cells help you fight infection. If your number of white blood cells is low, you are at an increased risk of getting an infection. While your number of white blood cells is reduced, your cancer doctor might advise you to avoid busy public places where you are more likely to get an infection. This might include swimming pools or gyms.

We have more information about avoiding infection when you have reduced immunity. This includes a video about neutropenic sepsis. Visit [macmillan.org.uk/avoidinginfection](https://www.macmillan.org.uk/avoidinginfection). We also have a **Cancer treatment and sepsis** leaflet that includes more information about reduced immunity (see page 70).

Bleeding and bruising

Platelets are cells that help the blood to clot. If your number of platelets is low, you are more at risk of bruising or bleeding. Your doctor may advise you to exercise gently and avoid high-impact activities (see pages 30 to 41). This is usually until the number of platelets is back to a safe level.

Anaemia

If your number of red blood cells is very low, you will feel very tired and sometimes breathless. This is called anaemia. If this happens, you may not feel like exercising or only be able to manage day-to-day activities. It is important to rest when you need to until the anaemia is reduced.

Central and PICC lines

If you have a central line or PICC line, you should avoid swimming. This is because of the risk of infection. You should also avoid vigorous upper body exercises, which could displace your line.

We have more information about chemotherapy in our booklet **Understanding chemotherapy** (see page 70).

Radiotherapy

If you have a skin reaction or redness due to radiotherapy, wear loose clothing when exercising. This is to prevent rubbing against any areas of sensitive skin.

You should avoid swimming, as the chemicals in the water can irritate your skin. After treatment ends and any redness or skin reaction has gone, it is fine to swim again. Ask your radiotherapy team for advice about swimming during and after treatment.

We have more information about radiotherapy in our booklet **Understanding radiotherapy** (see page 70).

'To get to the top of your stairs can be a huge challenge if you're undergoing chemotherapy. But if you can do that, then maybe you can do it twice the next day.'

Michelle

If you have side effects or other medical conditions

Some treatment side effects or other medical conditions can affect which physical activities are right for you.

Bone problems

If you have bone thinning or cancer in the bones, it is usually best to avoid high-impact activities. This is because there is more risk of you breaking (fracturing) a bone with these. High-impact activities are things that involve pounding or repetitive actions. This might include jumping up and down on a hard surface or hitting a ball with a racket. Examples of high-impact activities include running, football, tennis, squash, hockey and contact sports such as judo and karate.

It may be safe for some people who have a higher risk of fracture to do some of these activities. This will depend on your personal risk of fracture and whether you have symptoms such as pain in the bones. If you are at a high risk of fracture, speak to your cancer doctor, specialist nurse or physiotherapist before any type of high-impact physical activity.

Some people with bone problems may also be advised to avoid exercises where you repetitively bend forward at the waist. This includes toe-touching and sit-ups. This is because of the risk to the spine and back. Many types of activity recommend bending and toe-touching as a warm-up. If you have secondary bone cancer in the spine or hip, check with your healthcare team whether this is safe for you to do.

If you have bone thinning or cancer in the bones it is usually safe for you to do low-impact, weight-bearing activities (see pages 30 to 41). Examples include:

- walking
- dancing
- climbing stairs
- swimming
- cycling
- light-resistance exercises (see pages 36 to 37).

It is also a good idea to do some exercises that improve your co-ordination and balance. This is to reduce your risk of falling. These exercises include low-impact dancing and tai chi.

Nerve damage (peripheral neuropathy)

Some chemotherapy drugs can damage the nerves. This causes numbness or tingling in the hands or feet, muscle weakness and difficulty with balance and co-ordination.

If your feet or balance are affected, then running or brisk walking (especially on uneven surfaces) or walking up and down steps may not be the best activity for you. Cycling or swimming may be more suitable. Remember to check your feet regularly for cuts or blisters.

If you have numbness and tingling in the hands, it may be difficult to use free weights or resistance bands.



Lymphoedema

Physical activity can help you reduce the risk of developing lymphoedema. Or if you have lymphoedema, physical activity can help you manage it.

If you have lymphoedema, it is helpful to do the following:

- Always wear a compression garment when you exercise.
- Avoid doing heavy, repetitive action with the affected limb that you would not normally do.
- Avoid working the muscles from one position without movement (static contractions). For example, avoid the plank position. This is when you hold your body in a press-up position without moving up and down.
- Strength exercises are safe for people with lymphoedema and they may help prevent symptoms (see pages 36 to 37).
- Swimming can be helpful if you have lymphoedema, as it gently massages the lymphatic vessels.
- Build up the physical activity involving the affected arm or leg slowly.

Ask your lymphoedema specialist for advice. We have more information about lymphoedema in our booklet **Understanding lymphoedema** (see page 70).

Heart or lung problems

Most people with heart or lung problems can benefit from regular physical activity. It is important to check with your doctor or specialist nurse before you start any exercise programme.

Our booklet **Heart health and cancer treatment** has more information about keeping your heart healthy (see page 70).

Medicines to thin the blood

If you are taking medicine to thin the blood, you will bruise more easily. Avoid high-impact activities, as you could get knocked or fall over. Take extra care during all activities to avoid damaging your skin.

Stoma

If you have had surgery for bowel cancer, you may have a stoma. You will need to learn new skills to manage this. You may also need time to adjust to the changes in your body. This may affect what physical activity you choose to do.

When any other wounds have properly healed, it is helpful to start with some exercise to strengthen the tummy (core) muscles. Your specialist nurse (sometimes called a stoma care nurse) can help you think about how to do some physical activity with the stoma. They can also advise you on any activities you need to avoid at first. They can also refer you to a physiotherapist.

Our booklet **Understanding colon cancer** has more information about stomas (see page 70).

If you have advanced cancer

Physical activity is safe if you have advanced cancer. It has many of the same benefits as for people who do not have advanced cancer. It can help reduce symptoms such as tiredness, poor sleep and poor appetite. It can also improve bone health and general fitness.

If you have advanced cancer and want to get more active, the advice is the same as for people who do not have advanced cancer. You should start slowly and gradually build up the amount you do. To start with, try to reduce the amount of time you spend sitting or lying down during the daytime. Moving around the house and doing easy, everyday things will help. You may be able to do short walks or gentle stretching exercises. These will help build fitness and flexibility. This can help with everyday tasks such as putting on shoes, dressing or washing.

Resistance exercises can also help strengthen your muscles and bones (see pages 36 to 37). This helps with getting in and out of chairs or baths, or going up and down stairs. Doing resistance exercises with exercises that improve balance can help reduce your risk of falls.

If you were very active before cancer or treatment, you may not be able to do the same amount as before you were diagnosed.

Ask your cancer doctor or palliative care team for advice before you start any type of exercise. You may need to avoid some types of physical activity. For example, if the cancer is in the bones or you have bone thinning, you should usually avoid high-impact activities such as running, football or tennis.

Our booklet **Coping with advanced cancer** has more information about living with advanced cancer (see page 70).



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Who can help?

If you feel worried about starting physical activity, it can help to get advice. This might be if you have not been very active before or for a long time. The following professionals and organisations can help you.

Health professionals

Your doctor or nurse

It is best to talk to your cancer doctor, specialist nurse or GP before you start exercising. They can give you advice on whether it is safe for you to exercise. They can also give you information about any precautions you need to take (see pages 55 to 61).

Some GPs, cancer treatment centres and support groups have exercise referral schemes (see page 67). These can refer you to a cancer exercise specialist. There may also be an exercise programme that is part of some research at your cancer treatment centre. Ask your cancer doctor or nurse for more information.

A physiotherapist or cancer exercise specialist

Your GP, cancer doctor or specialist nurse can refer you to a physiotherapist. Some areas may have qualified cancer exercise specialists who you can be referred to. A cancer exercise specialist is a fitness instructor who is qualified to help people with cancer to exercise safely. They might work in a gym or local leisure centre. They might offer personal training. Some cancer exercise specialists may offer classes in cancer information centres. You may also be able to refer yourself to a physiotherapist.

A cancer exercise specialist or physiotherapist can help you:

- decide on an exercise programme that is safe and effective for you
- be able to exercise on your own
- increase your aerobic fitness level (see pages 34 to 35)
- improve your energy, strength, flexibility, co-ordination and balance (see pages 38 to 39)
- manage the side effects or late effects of treatment
- enjoy and increase your physical activity
- avoid injuries
- improve your confidence and make you feel more in control.

You can ask them questions such as:

- ‘I have never exercised before – how should I start?’
- ‘How can I improve my shortness of breath and feel less tired?’
- ‘How can I improve my balance?’
- ‘Can I improve the strength of my arms or legs?’
- ‘Which exercises can help me get up the stairs?’
- ‘How hard should I exercise?’

If you have more specific needs, they may be able to arrange a rehabilitation programme for you.

You can also visit the Ask an expert section on Macmillan’s Online Community. Here you can ask a physiotherapist any questions about getting active during or after your cancer treatment.

Visit community.macmillan.org.uk/cancer_experiences/ask_the_expert

An occupational therapist

Your GP or cancer doctor may refer you to an occupational therapist. They can advise you on how to pace yourself and manage tiredness.

They can also suggest changes to your home that will make it safer and help you be more independent. Doing simple things for yourself in the home is a way of increasing your physical activity. If things are easier at home, you will also have more time and energy to do activities you like, such as walking or gardening.



Exercise referral schemes

Many people prefer to exercise in a group. If you think this might help, or you feel you need to exercise with an expert, you may want to join an exercise referral scheme. They are mostly held at local community centres, healthy living centres, leisure centres and libraries. Ask your GP, cancer doctor, physiotherapist or specialist nurse about any in your area. Not all areas have an exercise referral scheme, or the schemes may only be available for people with certain medical conditions.

Specially trained exercise professionals manage many of these schemes. But it is a good idea to check whether they have been trained to work with people who have or have had cancer.

When your doctor makes your referral, they will share some information about your health with the exercise professional. The exercise professional will keep this confidential.

Your trainer will explain the benefits and risks of increasing your physical activity. They will ask you to give your consent. This means you agree to the exercise plan and understand the benefits and risks. Your trainer will match the activities to your needs, interests and ability. They will help you decide whether it is best to exercise in a group or on your own.

Some areas also have schemes in care homes, hospices and day centres. They often include activities such as chair-based exercises, walking, dancing, pilates, gentle exercise to music, circuits, tai chi and yoga.



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About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Order what you need

You may want to order more leaflets or booklets like this one. Visit [be.macmillan.org.uk](https://www.be.macmillan.org.uk) or call us on **0808 808 00 00**.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

Online information

All of our information is also available at [macmillan.org.uk/information-and-support](https://www.macmillan.org.uk/information-and-support)

There you'll also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- eBooks
- large print
- translations.

Find out more at [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats)

If you'd like us to produce information in a different format for you, email us at cancerinformationteam@macmillan.org.uk or call us on **0808 808 00 00**.

Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email reviewing@macmillan.org.uk You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open Monday to Friday, 9am to 8pm. Our cancer support specialists can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **macmillan.org.uk/talktous**

Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **macmillan.org.uk/informationcentres** or call us on **0808 808 00 00**.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

'Everyone is so supportive on the Online Community, they know exactly what you're going through. It can be fun too. It's not all just chats about cancer.'

Mal

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area.

Visit [macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport) to find out more about how we can help you with your finances.

Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)

Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on **0808 808 00 00** to speak to a work support adviser (Monday to Friday, 9am to 5pm).

Other useful organisations

There are lots of other organisations that can give you information or support.

Organisations that can help with physical activity

American College of Sports Medicine **www.acsm.org**

Supports research and education into sports medicine and exercise science. Has information about health and fitness.

Cancer Rehabilitation

Email info@canrehab.co.uk
www.canrehab.co.uk

Runs training workshops for health and fitness professionals on developing and providing safe and effective exercise-based cancer rehabilitation programmes.

Cyclists Fighting Cancer

Tel 0300 500 4040

Email info@cyclistsfc.org.uk
www.cyclistsfc.org.uk

Provides bikes, adapted tricycles and equipment to children and young people whose lives have been affected by cancer.

International Breast Cancer Paddlers' Commission (IBCPC)

Email committee@ibcpc.com
www.ibcpc.com

Can give details of UK dragon-boating groups. There is an international movement encouraging breast cancer survivors to improve their physical health and social well-being through dragon boating.

Later Life Training

Tel 01838 300 310

Email

info@laterlifetraining.co.uk

www.laterlifetraining.co.uk

Has useful leaflets about simple exercises you can do at home. These can improve your strength and balance at any age.

National Osteoporosis Society

Tel 0808 800 0035

(Mon, Wed, Thu and Fri, 9am to 5pm, Tue, 11am to 7pm)

Email nurses@nos.org.uk

www.nos.org.uk

UK charity dedicated to improving the diagnosis, prevention and treatment of osteoporosis.

The British Association of Sport and Exercise Sciences

www.bases.org.uk

The professional body for sport and exercise science in the UK. Provides guidance and best practice standards for sport and exercise science.

General cancer support organisations

Cancer Black Care

Tel 020 8961 4151

Email

info@cancerblackcare.org.uk

www.cancerblackcare.org.uk

Offers information and support for people with cancer from ethnic communities, their friends, carers and families.

Cancer Focus

Northern Ireland

Tel 0800 783 3339

(Mon to Fri, 9am to 1pm)

Email hello@cancerfocusni.org

www.cancerfocusni.org

Offers a variety of services to people affected by cancer, including a free helpline, counselling and links to local support groups.

Cancer Support Scotland

Tel 0800 652 4531

Email info@cancersupportscotland.org

www.cancersupportscotland.org

Runs cancer support groups throughout Scotland. Also offers free complementary therapies and counselling to anyone affected by cancer.

Maggie's Centres

Tel 0300 123 1801

(Mon to Fri, 9am to 5pm)

Email

enquiries@maggiescentres.org

www.maggiescentres.org

Provides information about cancer, benefits advice, and provides emotional or psychological support.

Marie Curie

Tel 0800 090 2309

(Mon to Fri, 8am to 6pm and Sat, 11am to 5pm)

Email

support@mariecurie.org.uk

www.mariecurie.org.uk

Marie Curie offer practical information and emotional support for all those affected by terminal illness.

Penny Brohn Cancer Care

Tel 0303 3000 118

(Mon to Fri, 9.30am to 5pm)

Email

helpline@pennybrohn.org.uk

www.pennybrohn.org.uk

Offer a combination of physical, emotional and spiritual support, using complementary therapies and self-help techniques.

Tenovus Cancer Care

Tel 0808 808 1010

(8am to 8pm daily)

Email

info@tenovuscancercare.org.uk

**www.tenovuscancer
care.org.uk**

Provides a range of services to people with cancer and their families, including counselling and a freephone helpline.

General health information

British Heart Foundation

www.bhf.org.uk

Provides information about heart and circulatory diseases. Also has healthy lifestyle tips and advice.

Health and Social Care

Northern Ireland

www.hscni.net

Provides information about health and social care services in Northern Ireland.

Healthtalk

Email info@healthtalkonline.org

www.healthtalk.org

Has information about cancer, and videos and audio clips of people's experiences.

National Cancer Institute

www.cancer.gov

Gives information on cancer, cancer treatments and cancer research.

NHS.UK**www.nhs.uk**

The UK's biggest health information website. Has service information for England.

NHS Direct Wales**www.nhsdirect.wales.nhs.uk**

NHS health information site for Wales.

NHS Inform**www.nhsinform.scot**

NHS health information site for Scotland.

Patient UK**www.patient.co.uk**

Provides people in the UK with information about health and disease. Includes leaflets on a wide variety of medical and health topics. Also reviews and links to many health and illness-related websites.

Emotional support and well-being**British Complementary Medicine Association**

Tel 0845 345 5977

(Mon to Tue and Thu to Fri, 10am to 5pm)

Email office@bcma.co.uk

www.bcma.co.uk

Has a code of conduct, and a list of registered practitioners who belong to member organisations. Can provide practitioners' contact details.

Samaritans

Helpline 116 123

Email jo@samaritans.org

www.samaritans.org

Provides confidential and non-judgemental emotional support, 24 hours a day 365 days a year for people experiencing feelings of distress or despair.

Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photographs are of models.

Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by Senior Medical Editor Anna Campbell.

With thanks to: Claire Lait, Head and Neck Cancer Specialist Physiotherapist; Aileen McCartney, Wellbeing and Therapies Team Lead; Clare Stevinson, Lecturer in Physical Activity and Health; and Professor Robert Thomas Consultant Oncologist. Thanks also to the people affected by cancer who reviewed this edition and to those who shared their stories.

We welcome feedback on our information. If you have any, please contact cancerinformationteam@macmillan.org.uk

Sources

We have listed a sample of the sources used in this publication below. If you would like further information about the sources we use, please contact us at cancerinformationteam@macmillan.org.uk

Schmitz K, Courneya K, Matthews C, et al. American College of Sports Medicine roundtable on exercise guidelines for cancer survivors. *Medicine and science in sports and exercise*. 2010. 42. Thomas R et al. Physical activity after cancer: a review of international literature. *British Journal of Medical Practitioners*. 2014.

Can you do something to help?

We hope this booklet has been useful to you. It's just one of our many publications that are available free to anyone affected by cancer. They're produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we're there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.



Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

Give money

Big or small, every penny helps. To make a one-off donation see over.

Call us to find out more

0300 1000 200

macmillan.org.uk/getinvolved

This booklet is about physical activity and cancer. Physical activity is any type of exercise or movement that uses your muscles. This includes everyday activities such as walking, housework and gardening.

This booklet is for anyone who has cancer or has had treatment for cancer and is thinking about becoming more physically active. There is also information for carers, family members and friends.

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you. For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, eBooks, easy read, Braille, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call our support line.

**MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU**

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What's this logo? Visit **macmillan.org.uk/ourinformation**

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Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

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Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.



If you'd rather donate online go to macmillan.org.uk/donate

Please cut out this form and return it in an envelope (no stamp required) to:
Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851,
89 Albert Embankment, London SE1 7UQ