

Fighting Cancer with Exercise

The accepted treatments for cancer are chemo and radiation—and they are working. What the cancer patient may not be told to do is exercise. In 2010, the American College of Sports Medicine changed its guidelines from “bed rest is best” to “avoid inactivity.”



Since that time, there have been numerous studies on the benefits of exercise through treatment and recovery. Exercise through treatment is gaining momentum, but may not have filtered to your medical team yet.

Exercising patients have reported reduce fatigue, and reduced feelings of nausea. Sometimes a simple walk to the mailbox is enough for the day. Taking baby steps, small changes, to create an awareness of your body and encourage you to make proactive decisions each day you fight your battle. One other option is physical therapy (PT). Ask you medical team to prescribe PT to help guide you through the appropriate exercises. Believing you can is the first step, and knowing your body and accepting your limitations is key. The point is to keep moving.

Always consult your doctor prior to embarking on any new/old activity before, during and after treatment.

For more information, visit StrengthForLifeNY.org.