

# What MOVES You



## Fatigue & Exercise

### What is fatigue?

Fatigue related to cancer treatment is a feeling of extreme tiredness and lack of energy that can occur during or after treatment. It's a common side effect and can make it hard to do daily activities.

### Why is exercise important for those experiencing treatment-related fatigue?

Exercise can be helpful for people with fatigue caused by cancer treatment. It can boost energy levels, make you feel less tired, and help you do everyday activities more easily.

### Benefits of exercise for those with treatment-related fatigue include:

- Regular exercise can help reduce fatigue levels in cancer patients and survivors.
- Physical activity increases energy levels and decreases feelings of tiredness.
- Engaging in exercise can improve stamina and reduce the impact of fatigue on daily activities.
- Exercise promotes better sleep quality, leading to more restful nights and reduced fatigue.
- Physical activity can enhance overall well-being and improve the ability to cope with cancer-related fatigue.



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### What types of exercise help ease treatment-related fatigue?

- Low-impact activities: Walking, swimming, or stationary biking are gentle on the joints and can be performed at a comfortable pace.
- Stretching exercises: Yoga, tai chi, or gentle stretching routines can help improve flexibility, relieve muscle tension, and promote relaxation.
- Strength training: Using light weights, resistance bands, or bodyweight exercises can help increase muscle strength and endurance.
- Aerobic exercises: Light aerobic activities like dancing, water aerobics, or modified aerobics classes can improve cardiovascular fitness and overall energy levels.

### Example 30-minute workout for those with treatment-related fatigue

#### Warm-up (5 minutes):

- Start with gentle stretching exercises, such as shoulder rolls, neck stretches, and leg swings.
- Follow up with a short walk or marching in place to gradually increase your heart rate.



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### Example 30-minute exercise routine for those with bone density loss

#### Low-impact aerobic activity (10 minutes):

- Engage in a brisk walk on a flat surface or use a stationary bike at a comfortable pace.
- If needed, you can break it down into shorter bouts of 5 minutes each with rest breaks in between.

#### Strength training (10 minutes):

- Perform light strength exercises using resistance bands or light weights.
- Examples include bicep curls, leg lifts, and seated rows. Aim for 10-15 repetitions per exercise.

#### Cool-down and stretching (5 minutes):

- Slow down your activity level and finish with gentle stretching exercises.
- Focus on major muscle groups, such as calf stretches, shoulder stretches, and hamstring stretches.

Remember to listen to your body and adjust the intensity of each exercise based on your comfort level. **You should always talk with a healthcare professional and a certified exercise specialist before starting any new exercise routine, especially if you have fatigue issues.**



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