

# ***Lost Temple Fitness***

## **Starting an Exercise Program**

*Although this book is about Home Exercise Programs, it is extremely important to follow your oncology team's prescription, especially after surgery. All cancer treatments are different and each doctor will have their particular protocol to follow. It may be necessary to participate in physical therapy first and use this book as a guide along with their program. It is also very important to be cleared from a specialist for other complications, such as, but not limited to, heart disease, pulmonary disease, diabetes, bone disease, immune disorders, obesity or neurological conditions.*

### **Cancer Survivors:**

If you have finished your treatments, have no comorbidities or any precautions or contraindications to exercise, you can start this book from the beginning. You will continue to follow recommendations from your oncology team or physical therapist, and then follow along with the exercise programs for a healthy adult. You may need to progress at a slower rate, especially if you were physically active prior to your treatments, but be patient and don't give up.

### **Exercise Guidelines for Cancer patients currently receiving treatment:**

The following information includes research from:

**National Comprehensive Cancer Network (NCCN)** – *Exercising During Cancer Treatments*

**American Cancer Society** - *Physical Activity and the Cancer Patient*

- American Cancer Society: *"To make your exercise effort most effective (give you the best results), it's important that you work your heart. Notice your heart rate, your breathing, and how tired your muscles get. If you get short of breath or very tired, rest for a few seconds, and start exercising again as you are able. When you first start, the goal is to exercise for at least 10 minutes at a time. Go slow at first, and over the next few weeks, increase the length of time you exercise. Be careful if you're taking blood pressure medicine that controls your heart rate. Your heart rate will not go up, but your blood pressure can get high. Ask your doctor, nurse, or pharmacist about this if you're not sure about your medicines. We don't know the best level of exercise for someone with cancer. The goal is to have your exercise program help you keep up your muscle strength and keep you able to do the things you want and need to do. The more you exercise, the better you'll be able to exercise and function. But even if planned exercise stops, it's good to keep being active by doing your normal activities as much as you can". (See How to Monitor Exercise Intensity)*
- Goal: At least 30 minutes of aerobic exercise five days a week or more.
- Start slowly and work your way up. For example, if you are taking a walk, try short periods and rest frequently. Start at a slow 5-10 minute walk, rest, and try a brisk 5 minutes. You can also split up your sessions into 10 minutes throughout the day to equal 30. You don't have to start out at 30 minutes, but work up to it.
- Keep track of when your energy levels are at their highest. Pain and fatigue can change daily, but take advantage of the times when you are feeling the best. Try to keep on a daily routine.
- When you are feeling moderately fatigued, try getting up and doing something around the house to help with your endurance. It can be something as simple as walking up and down the hallway.
- Try getting up and walking hourly for circulation when you are not sleeping/napping.
- Balance activity with rest that does not interfere with nighttime sleep.
- Be flexible and listen to your body. Although you should keep some type of a schedule, don't feel like you need to follow it strictly. If you are feeling ill, extremely fatigued or running a fever let your body rest.
- If you don't feel like doing a regimented routine, try gardening, housework or any other physical hobby you may enjoy. Ask someone to walk with you or use headphones while exercising or walking.
- Drink about 8 to 10 glasses of water a day unless your doctor tells you not to. Unless you are told otherwise, eat a balanced diet that includes protein (meat, milk, eggs, and legumes such as peas or beans).
- Dress comfortably, especially in either cold or humid weather. *(See Temperature)*.