

CANCER TREATMENT

Wellness Plan After Cancer Treatment

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- Health benefits of resistance training include improvement in muscle strength and endurance, in functional status, and maintenance/improvement in bone density.
- Multi-joint exercises are recommended over exercises focused on a single joint.
- All major muscle groups (chest, shoulders, arms, back, abdomen, and legs) should be incorporated into a resistance training program.
- Larger muscle groups (legs, back, and chest) should be worked before smaller muscle groups (arms and shoulders).
- Resistance training prescription
 - **Frequency:** 2-3x/week; survivors should wait at least 48 hrs. between training sessions.
 - **Intensity:** 2-3 sets of 10-15 reps/sets; consider weight when 3 sets of 10-15 reps becomes easy.
 - **Rest:** 2- to 3-minute rest period between sets and exercises.
- Utilize weight amount that would allow for performance of 10-15 repetitions.
- Survivors with or at risk for lymphedema should take additional precautions.

Light Exercise (No noticeable change in breathing pattern)

- Leisurely biking <5 mph
- Activity-promoting video game
- Light housework (light sweeping, dusting)
- Bowling
- Playing catch
- Slow walking
- Child care
- Yoga
- Tai chi

Moderate Exercise (Can talk, but not sing)

- Ballroom/line dancing
- Biking on level ground or with few hills
- General gardening
- Baseball, softball, volleyball
- Doubles tennis
- Using a manual wheelchair
- Brisk walking
- Water aerobics
- Yoga

Vigorous Exercise (Can say a few words without stopping to catch a breath)

- Aerobic/fast dancing
- Biking >10 mph
- Heavy gardening
- Hiking uphill
- Jumping rope
- Martial arts
- Race walking, jogging, running
- Running sports (basketball, hockey, soccer)
- Swimming (fast pace or laps)
- Singles tennis
- Stair climbing
- High-intensity yoga

References:

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