

EXERCISE

Improve your
spirit, strength
& flexibility

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- Integrative Medicine Service
- MSKCC

Benefits of Exercise on Symptoms related to Cancer Treatment

- Strong Evidence-Decrease Symptoms of Treatment

- Less fatigue

- Better quality of life & energy

- Improve physical function

- Improve muscular strength

- Improve ROM, flexibility

- Improved body image-decrease fat mass

- Reduce anxiety & depression

- Improve sleep

- Improve bone health for osteoporosis

- Improved Functional task performance

- Each exercise you do should be more natural and carry over into daily life

- squats=getting up from a chair

Exercise is Medicine

Low-cost therapy
for achieving
improved health
care

Research has
demonstrated that
exercise have many
health benefits

Assess and Advise

- Assess
 - Assess your physical activity
 - Chair squats-how many can a patient do in 30 seconds
- Exercise Plan
 - Take advantage of local parks, recreation centers, home exercise program
 - Join the IM Home Membership Program/MSKCC
 - Dance
 - Fitness
 - Kickboxing, Kung Fu
 - Meditation, Music therapy,
 - Strong Bones
 - Core Strength
 - Yoga
 - www.youtube.com/mskcc
 - Playlist-Exercise at MSK & Tia Chi at MSK

Cancer Exercise Guidelines

- 150 minutes/week of moderate exercise
 - Aerobic-walking, biking, elliptical, treadmill, stair climbing, dance, gardening
 - 3x/week for 30 minutes per session of moderate intensity
 - Resistance Training & Body Weight exercises & Balance
 - 2-3x/week 2 sets of 12-15 reps for major muscle groups of moderate intensity
 - Elastic bands, isometrics, body weight
 - Squats, lunges, heel raises knee lifts
 - Stand on one for leg 10 seconds

Barriers to Exercise Participation

- Too busy
- No willpower
- Responsibilities at home
- No gym access
- Feel self conscious
- Not sure what to do

- CHANGE HOW YOU FEEL TODAY
- EXERCISE WILL HELP YOU KNOCK OUT FATIGUE, MOVE WITH EASE, AND FEEL STRONGER IN MIND, BODY & SPIRIT



EXERCISE & MOVEMENT

Prostate Cancer and Playing Football/Soccer

- 1 Year
- 214 men; half football training 2x/week & half usual care
- Average age 68
- After one year the men playing football
 - Increased hip bone density
 - Lost fat mass
 - Increase mental health
 - Fewer hospitalizations

EMPIRE DRAGONS NYC/BCS

LIVING PAST CANCER, ONE STROKE AT A TIME

This NYC first competitive breast cancer survivor Dragon Boat team focused on building the most successful survivorship paddling program in the tri-state area.

We are a fitness program to be fit to paddle.

2022 we are the Northeast region "CHAMPIONS"

TIME TO MOVE

Upper body
isometrics

Chair squats