

# Managing Cancer Related Fatigue

Research shows the #1  
treatment for fatigue is

# EXERCISE

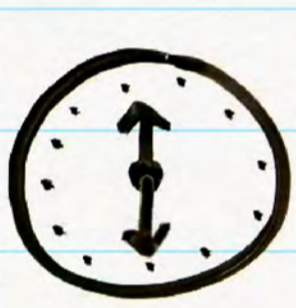


A low to moderate intensity exercise program can substantially reduce cancer-related fatigue and improve your quality of life.

This may feel counter-intuitive when you're feeling ill, have been up all night, or have just come out of surgery. You will need to take the idea and apply it in a way that works for you.

Remember the  
**3 Keys**

## Aim For



**1/2 HR  
PER DAY**

- Start slowly - gradually build up to 30 minutes of activity.
- Figure out for yourself what is the amount of exercise that energizes you and what tires you.
- If you cannot be active for 30 minutes, split it up into shorter sessions of 5 to 10 minutes.

## Pick Any Exercise You Like

- No specific form of exercise has been found to give a greater benefit than any other.
- Choose activities that you enjoy - walking, low weights, yoga, cycling, waving your arms in bed - whatever works for you.



## Track Your Progress



- Many patients find it helpful to track their activity with tools like a pedometer or journal.
- These can help you set goals and see your own progress.
- It can be very encouraging to see the improvements you make over time.