

ella dawson
FOUNDATION

helping young adults
live **well** with cancer

MOVING MY WAY

Helping you move with and beyond cancer





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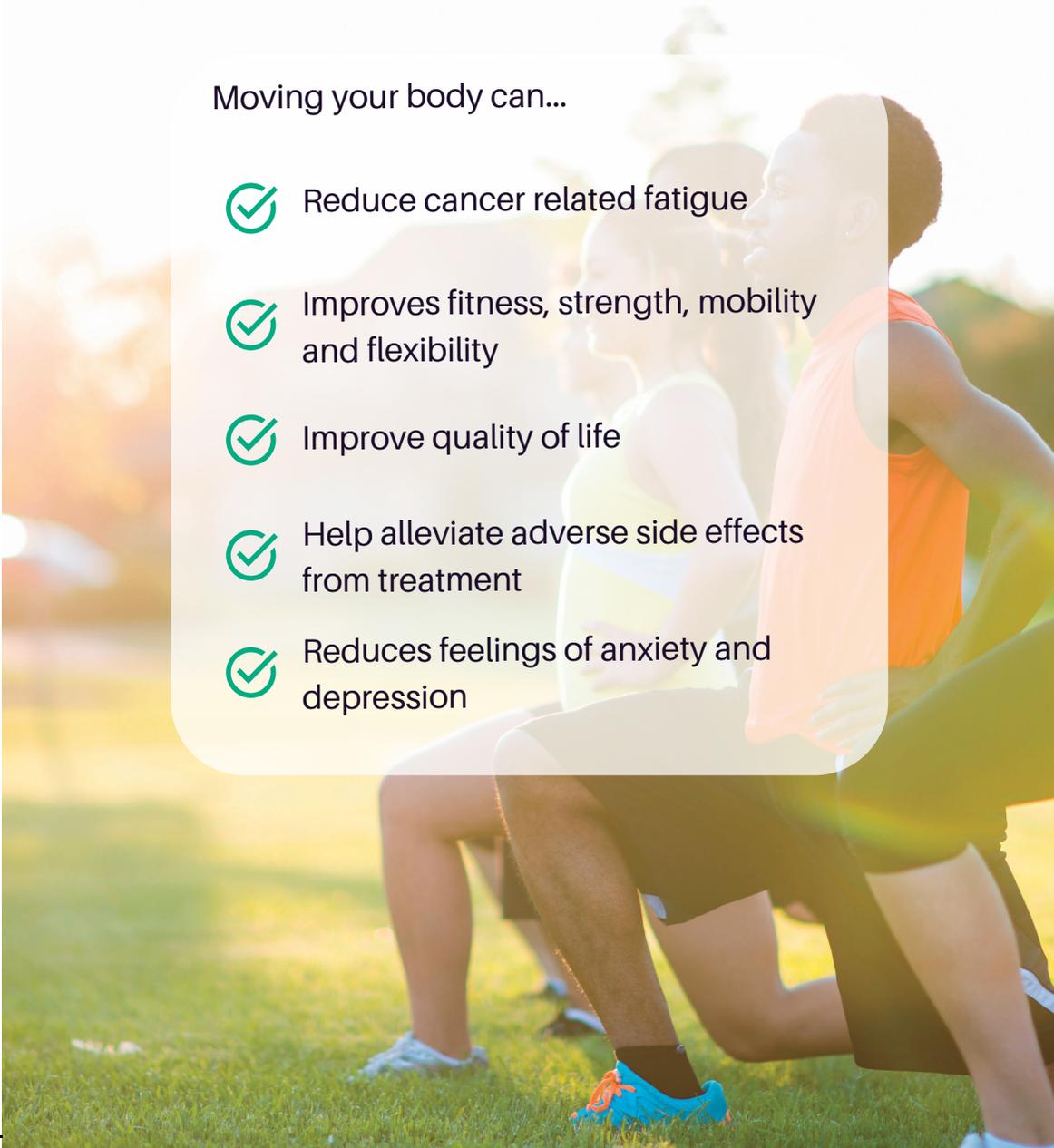
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DID YOU KNOW?



Moving your body can...

- ✔ Reduce cancer related fatigue
- ✔ Improves fitness, strength, mobility and flexibility
- ✔ Improve quality of life
- ✔ Help alleviate adverse side effects from treatment
- ✔ Reduces feelings of anxiety and depression



TIPS TO GET STARTED



Most importantly, get approval from your doctor or consultant before you start a new movement routine



How you move will change throughout your cancer journey and that's okay! Our ethos is all about what you CAN do each day however big or small, do what feels good for you



It's okay to press the pause button and rest



Keep a drink with you and stay hydrated



Choose a space where you like to move... your bedroom, living room, garden or exercise facility...



Ask a friend or family member to join in



UNDERSTANDING ACTIVITY LEVELS



✓ Categorising activity levels is a good way to keep track of what you are doing. However, this will look different for each person and especially during different stages along your cancer journey

Light Activity:

✓ You feel like you can hold a conversation and are not out of breath

Moderate Activity:

✓ You become a little out of breath but can still chat

Vigorous Activity:

✓ You breathe quicker and will find it a challenge to chat at the same time

How much should I do?

✓ It is helpful to remember how you define activities. This will change at different stages in your cancer journey and will depend on how you feel physically and mentally each day

✓ Balance is key, the guidelines are several light activities a day, 3 or 4 moderate activities a week, 1 or 2 vigorous activities a week

✓ What you may once have considered light activity, such as getting changed, suddenly becomes an epic vigorous activity, the new domestic HIIT workout! And it's important not to push yourself physically

MOVEMENT INSPIRATION



At Home:

- ✓ Enjoy cooking a meal & try a few minutes of cleaning
- ✓ Follow along to one of our online yoga classes or YouTube videos
- ✓ Have a potter around the garden

In Hospital:

- ✓ Take a walk around the ward, stand up to brush your teeth or to make a cuppa
- ✓ Yoga and stretching - hand, feet neck or large muscle groups (bed, mat, standing)
- ✓ Seated leg and arm raises or move from sitting to standing off the bed or chair

Outdoors:

- ✓ Play a game! For example seated or standing game of catch
- ✓ Take a walk on your own, with family, friends or your dog!
- ✓ Take a trip to the park or walk to the shops instead of taking the car/bus.

CANCER & EXERCISE



Introducing or maintaining movement can help to...

Before treatment :



Maximise fitness and function to prevent complications and improve recovery

During treatment:



Minimise the side effects of treatment e.g. nausea, fatigue, joint pain



Maintain healthy body weight and preserve muscle mass



Gain a sense of control

After treatment:



Build up strength, muscle mass and fitness



Reduce long-term symptomatic fatigue



Build up self-confidence towards life post treatment



Build up to the recommended government guidelines for cancer patients

These are 150 minutes moderate exercise or 75 minutes of vigorous exercise per week plus two weight bearing/strength/resistance and flexibility sessions

CANCER & EXERCISE

Safety Precautions



Seek URGENT medical attention if:

- ➔ You experience chest, arm or jaw pain
- ➔ Unexplained pain in limbs e.g. in one calf
- ➔ Shortness of breath
- ➔ Bruising, redness or swelling in one limb
- ➔ Fever or infection

Do not exercise if:

- ➔ Chemotherapy has not been administered due to low blood count
- ➔ Biological therapy has not been administered
- ➔ Extreme fatigue
- ➔ Unusual sudden one-sided muscular weakness
- ➔ Bleeding from any source

Speak with your medical team before exercising again

MOVEMENT DIARY: WEEK ONE



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...

(this can be related to absolutely anything, not just movement)

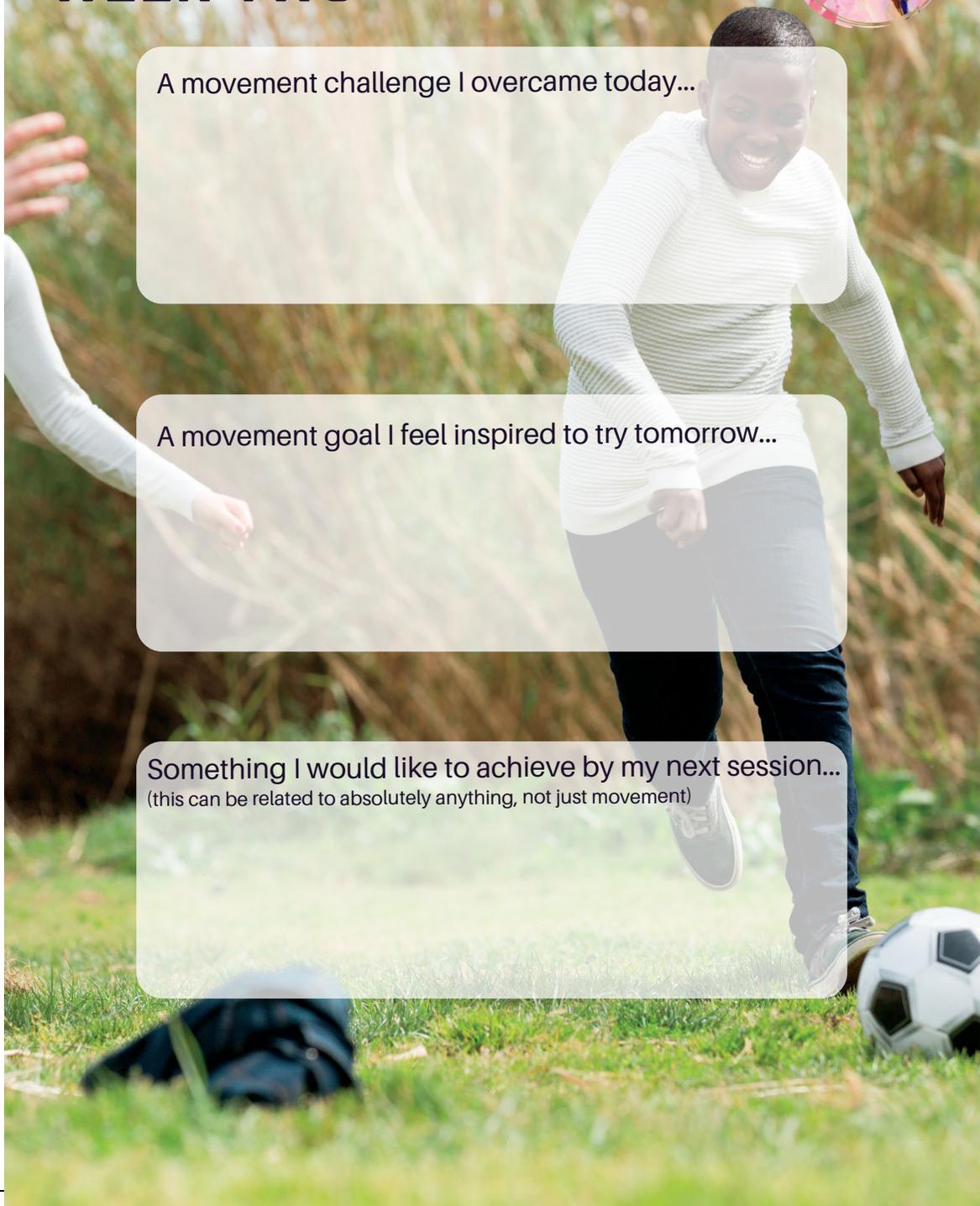
MOVEMENT DIARY: WEEK TWO



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...
(this can be related to absolutely anything, not just movement)



MOVEMENT DIARY: WEEK THREE



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...

(this can be related to absolutely anything, not just movement)

MOVEMENT DIARY: WEEK FOUR



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...
(this can be related to absolutely anything, not just movement)

MOVEMENT DIARY: WEEK FIVE



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...
(this can be related to absolutely anything, not just movement)

MOVEMENT DIARY: WEEK SIX



A movement challenge I overcame today...

A movement goal I feel inspired to try tomorrow...

Something I would like to achieve by my next session...
(this can be related to absolutely anything, not just movement)



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helping young adults
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Psychological, Movement, Nutritional, Wellbeing support
for those affected by young adult cancer

For help, guidance and support with movement contact our
cancer and exercise rehabilitation practitioner
tasha@elladawsonfoundation.org.uk

We'd love to meet you at our events!

For more info please visit...

www.elladawsonfoundation.org.uk



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