

# Remaining active through your cancer journey

Exercise is an essential tool to help you during your cancer journey. Find out how it can help, and what resources are available to support you to be active.



It's important to remain as physically active as possible when living with cancer. With a few exceptions, healthcare professionals recommend aiming for **150 minutes of light to moderate exercise per week**.

Exercise has been proven to boost your immune system which helps you fight off further illnesses, plus it can lift your mood and reduce feelings of stress and anxiety.

Being active is important at different points along your cancer journey:



## Prehab

It improves your resilience to upcoming treatment, enhances recovery, and improves long-term health.



## Rehabilitation

It's especially important to remain active during treatment. It boosts your mood and your immune system, and reduces the risk of further health complications during treatment.



## Recovery

It helps you maintain a healthy lifestyle and maximises your long-term health. Exercise also reduces the risk of cancer returning.

## What resources are available to me, and how can I access them?

Active Norfolk has a dedicated resource section to help you remain active. It includes:

- **Local delivery programmes:** Charities and organisations available locally to support you through your journey.
- **Home exercise videos:** Find videos tailored to varying abilities and ranges of movement to help you keep active at home.
- **Safety advice:** Find information on starting a new exercise regime with a health condition, and where to go if you need further support.

For resources to help you remain active when living with cancer, visit: [www.activenorfolk.org/cancer](http://www.activenorfolk.org/cancer)