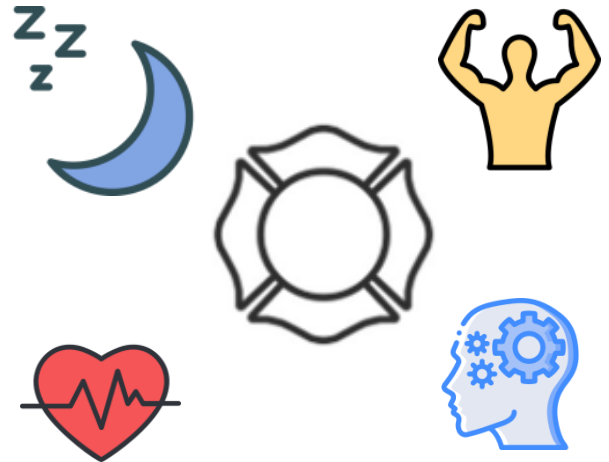


Cancer is a leading cause of fire fighter line-of-duty death (LODD).<sup>1</sup> Being physically active is one of the most important ways to help reduce your risk of certain types of cancer. For people with cancer, being physically active helps MANAGE treatment side effects and DECREASES THE RISK of new cancers in the future.

### Physical Activity...

- Can help lower a person's risk of at least 13 different types of cancer
- Helps reduce fatigue, anxiety, depression and insomnia
- Improves energy levels, quality of life, quality of sleep, and overall physical function



For Adults, The American Cancer Society Recommends:

150-300 minutes of **moderate-intensity** activity/week  
OR

75-150 minutes of **vigorous-intensity** activity/week  
OR

A combination of both

Getting to or exceeding the upper limit is ideal and will result in greater health benefits



## Strategies to Build Physical Activity Into Your Day

### Make it EASY

- ✓ Start with small increases in physical activity
- ✓ Just a few extra minutes a day can result in health benefits

### Make it OBVIOUS

- ✓ Schedule it at a certain time and in a certain space
- ✓ Creating structure can help you stick to a new routine

### Make it SATISFYING

- ✓ Reward yourself immediately after the activity
- ✓ Create a positive association so you look forward to it

### Make it ATTRACTIVE

- ✓ Link the activity with something you enjoy or crave...
  - ✓ Be active with friends or family
  - ✓ During your favorite tv show
  - ✓ Tie it to a personal challenge

### Make it an ACCOMPLISHMENT

- ✓ Setting yourself a realistic goal can keep you motivated
- ✓ Map out how you will reach that goal, and follow through
- ✓ Be sure to reward yourself on completion

## How Can Physical Activity Help?

Research shows that for most people, physical activity is safe and helpful before, during, and after cancer treatment.

Physical Activity can...

- Reduce fatigue, anxiety and depression
- Strengthen the immune system, reduce treatment side effects, increase appetite and help maintain a healthy weight
- Improve quality of life, quality of sleep and overall physical function



ACS supports the American College of Sports Medicine recommendation that Cancer survivors aim to get

Up to 150 minutes of **moderate-intensity** activity/week  
OR

Up to 75 minutes of **vigorous-intensity** activity/week  
OR

A combination of both

Incorporate **resistance training** at least twice weekly

## Staying Physically Active While Living with Cancer

### Take it SLOW

- ✓ Exercise only as you are able to
- ✓ Start with short periods of exercise and take frequent breaks as needed

### Start it EARLY

- ✓ Avoid inactivity and return to normal daily activities as soon as possible after diagnosis and treatment
- ✓ Even small amounts of physical activity a day will help you

### Make it ENJOYABLE

- ✓ Don't stop doing the things you enjoy, even if you have to take it easy
- ✓ Walk with your friends and family, play with your kids, do something SATISFYING

### Keep it SAFE

- ✓ Listen to your muscles and body – Don't push yourself while in treatment
- ✓ Consult your doctor or health care team if you have any questions