

## Cancer

Physical activity is important and beneficial during all stages of your cancer journey ([Macmillan 2012](#)).

### Prevention

Regular physical activity reduces the chance of you getting many common cancers; the largest reductions are seen in the most active individuals. Those with the best evidence are below ([FYSS](#); [SASA](#); [WCRF](#))

Type of cancer	Amount physical activity reduces your risk
<b>Colon (bowel)</b>	30-40%
<b>Breast</b>	25-40%
<b>Womb</b>	20-30%
<b>Prostate</b>	Up to 50%
<b>Oesophagus</b>	21-32%
<b>Stomach</b>	13-28%

### Treatment

If you have survived breast or bowel cancer, increasing the amount of physical activity you do compared to the amount you did before your diagnosis reduces your chance of dying from your cancer by 39% ([Schmid 2013](#))

Physical activity has a beneficial effect on cancer pain, fatigue, sleep, sexuality, emotional well-being and self esteem ([Fong 2012](#); [Speck 2010](#)).

If you are on chemotherapy, regular exercise helps you tolerate the drugs, feel less tired and improves your general quality of life ([Cochrane 2012](#); [Speck 2010](#))

You will also benefit if receiving palliative care: regular physical activity can help reduce fatigue, enable you to keep mobile and independent for longer and lessen symptoms such as shortness of breath and loss of appetite ([Macmillan 2012](#)).

### Comparisons

Tamoxifen, a commonly used treatment for breast cancer, reduces your chance of death from recurrent breast cancer by 59%. Regular physical activity can reduce this chance by 54%: very nearly as much without any of the side effects ([Naci 2013](#))

### Advice

Exercise daily; if your white counts are low try and exercise outside to avoid contact with other people

Avoid high intensity activities, particularly when on chemotherapy.



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If your bones are involved, avoid high impact activities and activities that put you at risk of falling.

Make sure you are in a safe environment if you suffer from dizziness or nerve problems.

### **Further resources for Healthcare Professionals**

[Motivate to Move - Cancer](#)

[FYSS - Cancer](#)