

Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

TRY THIS

Do physical activity. Being physically active for even just a few minutes a day is helpful.

Begin with warm-up exercises. Start slowly and warm up for at least 2 to 3 minutes.

CHECK THIS OUT

Visit the Springboard page Be Active.

<https://smokefree.gov/springboard/wellness/be-active>

Watch this video on finding time for exercise when you're busy.

<https://goo.gl/NZynYN>

Use the SuperTracker to track your food and physical activity.

<http://go.usa.gov/xaKpj>