

# 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.

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## CHECK THIS OUT

**Visit** the Springboard page Be Active.

<https://survivorship.cancer.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>