



## **Active and Healthy Living Baseline Provider Checklist**

### **☐ Exercise during cancer treatment discussed:**

- Determine baseline physical activity level
- Determine if patient is/is not sufficiently active
  - Physical activity recommendation
    - Standard: At least 150 minutes of moderate intensity aerobic activity each week or 75 minutes or more of vigorous aerobic activity each week
- Encourage continued exercising, as is
- Begin exercising: allow to list out the plan
- No recommendation made – and allow for reason

### **☐ Barriers to physical activity to breast cancer diagnosis/treatment:**

- Explain benefits
- Lymphedema
  - What it is
  - How it may impact exercise
- Types of activity
  - Difference between moderate and vigorous exercise
  - Weight training
- Level of activity
  - Recommend a plan for beginners
  - If already active, recommend a plan to continue
  - Refer to American College of Sports Medicine ([acsm.org](http://acsm.org))

### **☐ Dietary and behavioral considerations discussed:**

- Consider referral to nutritionist if patient overweight