

1) Activity Tips

We would like you to be active 30 minutes a day 3-5 times a week at a speed that you can tolerate. You do not have to walk a full 30 minutes at a time, but you do need to walk at least 10-15 minutes in a row. Timing for walking will be based on your daily lifestyle and what works most comfortably for you.

- We encourage you to plan activity times ahead when you feel the best including by what works for your lifestyle. Start with simple goals and then progress to longer range goals. Choose activities that you enjoy and be active with another person if you are able to help keep you motivated.
- Keep track of your activity in the daily diary. Seeing your daily activity can remind you of your progress and to keep active.
- Drink fluids such as water to maintain hydration when activity is being done.
- Wear comfortable clothing, including well fitting shoes or sneakers. If it is cold out and you will be doing activity outside, dress in layers to keep warm and be sure to protect your head, hands and feet. Avoid outside activity if it is too cold and you are unable to keep yourself warm and dry.
- During severe cold or warm weather, consider doing activity at an indoor environment, even around your home. If your physician or nurse feels it is safe for you to be active in a public place, you could also consider a shopping mall, gym, or accessible indoor walking track. Please discuss this with your physician or nurse before beginning.
- If you do go to a gym or public place, use cleaning wipes prior to getting on any equipment.
- When performing activity, always avoid persons who have a cold, illness, or places where there are large crowds. Good hand washing is also important to maintain.
- You should avoid activity when fever, illness, or low blood counts such as a severe lowering of white, red or platelet blood count occurs. Consult with your physician or nurse who will advise you.

American Cancer Society (ACS). (2010). Physical Activity and the Cancer Patient Retrieved 1/12/2011, from

<http://www.cancer.org/Treatment/ Survivorship/ DuringandAfterTreatment/ StayingActive/ physical-activity-and-the-cancer-patient>

Mayo Clinic. (2010). Exercise and cold weather: Tips to stay safe outdoors Retrieved 1/12/2011, from <http://www.mayoclinic.com/health/fitness/HQ01681>