



GET ACTIVE
Gold Coast

BEING ACTIVE WITH A HEALTH CONCERN: *cancer*



ALWAYS plan your physical activity program under the supervision of your health care professional. Your health care professional can help select and monitor the most suitable activities for you!

There are approximately 267 000 cancer survivors in Australia and this will continue to increase as our population ages. Cancer and cancer treatments often have a tiring effect on the body, making physical activity a challenge. However, research shows that participating in regular moderate-intensity physical activity can help cancer patients cope with the disease and manage side effects of treatment more effectively.

Benefits of regular moderate physical activity for people with cancer can include:

- stimulating the brain to release endorphins which can help reduce cancer-related pain
- promoting deeper and more refreshing sleep and reducing cancer fatigue
- stabilising mood
- reducing nausea or vomiting
- increasing strength and flexibility
- improving heart and lung function
- reducing the time spent in hospital and helping with faster recovery
- improving quality of life

STAY ACTIVE

Reduce your risk of health problems by leading a healthy lifestyle:

- maintaining a healthy weight
- being active
- following a healthy diet

Try and be active every day, in as many ways as you can! Your health care professional can help you devise and tailor an activity program to suit your needs and abilities. Always exercise with your doctor's knowledge and support to avoid harm from unguided exercise.

For further information talk to your health care professional or contact:

Cancer Council Queensland

Phone: 07 5503 3700 (Gold Coast)

Web: www.cancerqld.org.au



www.getactivegoldcoast.com.au

Get up, get out... get active!