

Exercise in recovery

While rest and limited physical activity are normally recommended to people recovering from a medical condition, including cancer, do not under-estimate the value of exercise.

Too much rest and too little exercise can cause poor blood circulation and loss of muscle strength. Being inactive may lead to depression or make you more and more dependent on others.

There are many benefits to following a medical-based, personalised exercise program, even if you can manage only low to moderate exercise such as stretching or walking. Appropriate and regular exercise can...

- Improve your quality of life and independence.
- Keep or improve your physical abilities.
- Improve your balance.
- Keep muscles from wasting.
- Reduce the risk of heart disease.
- Strengthen your bones.
- Improve blood flow to your legs, and reduce the risk of blood clots.
- Reduce anxiety and depression.
- Manage nausea and other treatment symptoms.
- Maintain a healthy weight.