TO GET STARTED
Avoid inactivity; moving more and sitting less benefits nearly everyone

FOR OVERALL HEALTH
Aim to meet the current exercise guidelines for adults
Moderate Aerobic Exercise
At least 150–300 mins per week
OR
Vigorous Aerobic Exercise
At least 75–150 mins per week
(or a combination of moderate/vigorous aerobic exercise)
+ Resistance Exercise
2x per week

FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT
Research shows lower amounts of exercise can still help with the following cancer treatment-related symptoms:
- Cancer-related fatigue
- Health-related quality of life
- Physical function
- Anxiety
- Depression
- Sleep
- Lymphedema
- Bone health

To improve these symptoms, choose an exercise plan below:

Aerobic Exercise
3x per week
30–60 mins
Helps to manage the following symptoms:

OR

Resistance Exercise
2x per week
2 sets/8–15 reps
Helps to manage the following symptoms:

OR

Aerobic Exercise
2-3x per week
20–40 mins
Helps to manage the following symptoms:

Resistance Exercise
2x per week
2 sets/8–15 reps

1 Physical Activity Guidelines for Americans, 2018
2 Progressive supervised resistance training does not exacerbate lymphedema
3 At least 12-months of resistance training plus high impact training needed