**Moving Through Cancer**

Name: ____________________________ Date: ______________

### Aerobic Activity 3 or more days/week

**Intensity:**
- Light (casual walk)
- Moderate (brisk walk)
- Vigorous (like jogging)

**Time (minutes/day):** Build up to 30 minutes/day

**Type:**
- Walk
- Run
- Bike
- Swim/Water Exercise
- Other __________

**Steps/day:**
- 2,500
- 5,000
- 7,000
- 9,000 or more
- Other __________

**What about aerobic activity?**
- Moderate activity is at a pace where you can talk but cannot “sing.” Examples: brisk walking, light biking, water exercise and dancing.
- Vigorous activity is at a pace where you have trouble talking and may be out of breath. Examples: jogging, tennis and fast bicycling.
- While the recommendation is to build up to 30 min/day, at least 3 days/week, you can exercise for any length of time. For example, you might walk:
  - 5 minutes here, 10 minutes there
  - 15 minutes daily
  - Just work your way up to 30 minutes 3 days/week
- Gradually build up to a daily step count of 7,000-9,000 steps/day.

### Muscle Strength Training 2 days/week

**What about strength training?**
- You don’t have to go to a gym. You can use elastic bands, do body weight exercises (kitchen counter push-ups, chair sit-to-stands) or lift dumbbells. Heavy work around your home also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

**Notes** (local programming, specific risks or instructions):

See [www.exerciseismedicine.org/movethruca](http://www.exerciseismedicine.org/movethruca) for a registry of local programs.

**Referrer’s Signature:**

How will you get started this week?