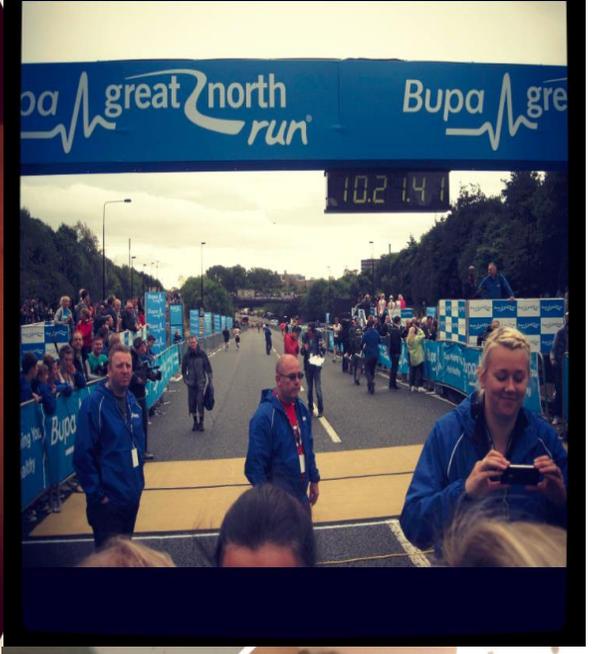




MOVE
AGAINST
CANCER.

THE BEST
PROJECT YOU
WILL EVER WORK
ON IS YOU



MY STORY





MOVE'S 4 KEY PRIORITY AREAS

- **ONLINE VIRTUAL PROGRAMME**
- **5K YOUR WAY. MOVE AGAINST CANCER**
- **RAISING AWARENESS ABOUT CANCER AND EXERCISE**
- **WORKING WITH OTHER CHARITIES & ORGANISATIONS**



The Big Picture

/THE NEED

THE CURRENT EVIDENCE BASE.



“THERE IS NOW PERSUASIVE EVIDENCE THAT A HEALTHY LIFESTYLE DURING AND AFTER CANCER IS ASSOCIATED WITH IMPROVED PHYSICAL AND PSYCHOLOGICAL WELL-BEING, REDUCED RISKS OF TREATMENT, ENHANCED SELF-ESTEEM, REDUCED RISK OF RECURRENCE, AND IMPROVED SURVIVAL.”

THE NATIONAL CANCER SURVIVORSHIP INITIATIVE (NCSI),
2013

What it feels
like to be
living with or
beyond
cancer.

- FATIGUE
- LOSS OF PHYSICAL STRENGTH
- DEPRESSION AND ANXIETY
- WEIGHT LOSS OR GAIN
- BODY IMAGE ISSUES
- PAIN
- NERVE DAMAGE
- REDUCED BONE DENSITY
- SWELLING
- LYMPHEDEMA
- HOT FLUSHES AND NIGHT SWEATS.

/THE EVIDENCE

THE BENEFITS OF EXERCISE FOR CANCER PATIENTS ARE REPORTED AS INCLUDING, BUT NOT LIMITED TO:

- DECREASED RATE OF CANCER PROGRESSION
- IMPROVED QUALITY OF LIFE (QOL)
- REDUCED SIDE-EFFECTS AND RISKS DURING TREATMENT
- EXERCISE IMPROVES SYMPTOMS OF CANCER-RELATED FATIGUE (CRF)
- PREVENTS LOSS OF BONE MINERAL DENSITY AND DEVELOPING OSTEOPOROSIS
- CONTROLS BODY WEIGHT AND BUILDS LEAN MUSCLE
- EASES SYMPTOMS OF LYMPHOEDEMA
- REDUCES THE INCIDENCE OF RELAPSE
- IMPROVED OVERALL SURVIVAL
- REDUCES THE RISK OF CO-MORBIDITY (E.G OTHER CANCERS, CARDIOVASCULAR DISEASE AND DIABETES)

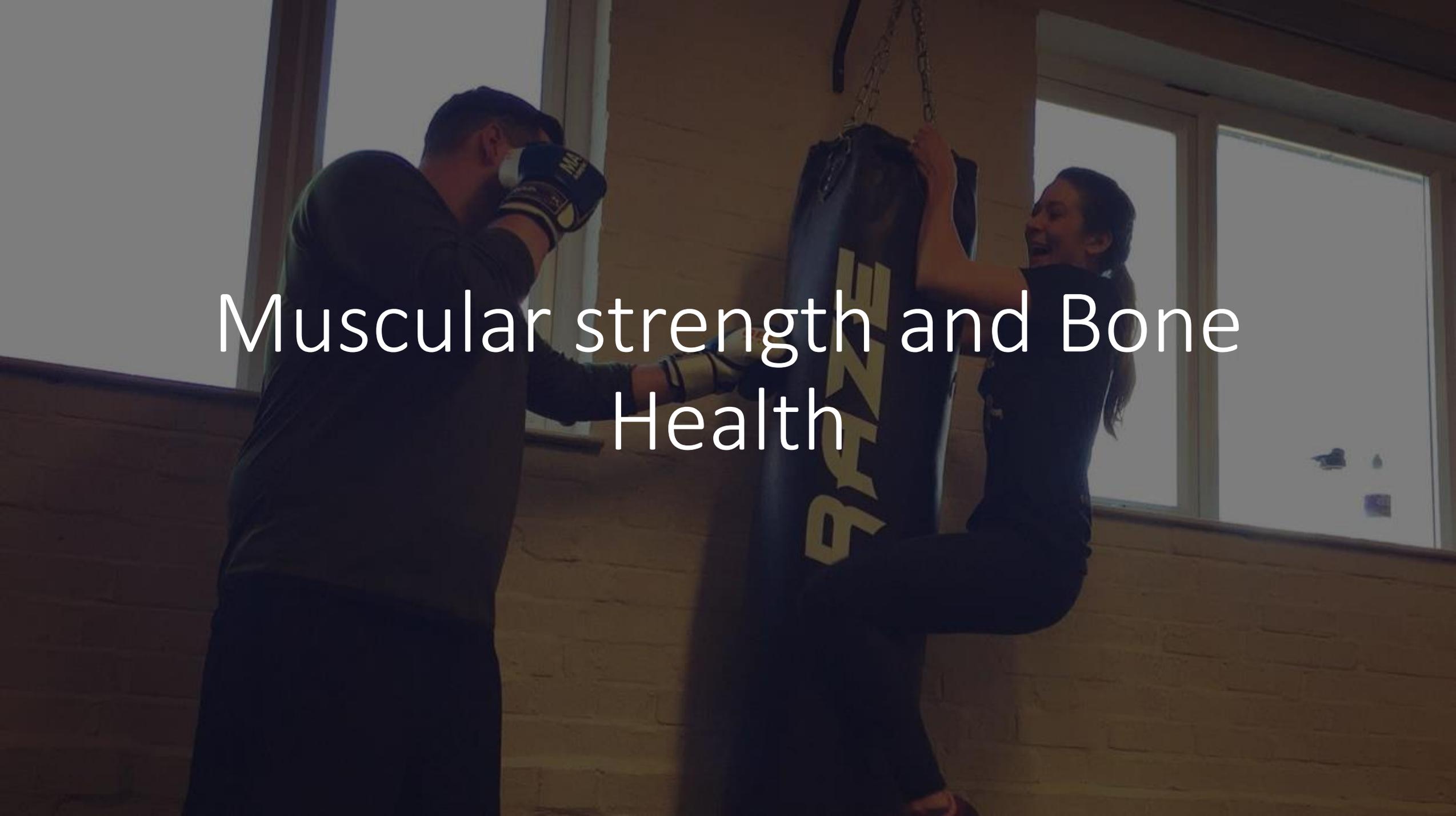


Three women are walking on a paved path in a park. The woman on the left is wearing a black jacket with pink accents, a white t-shirt with a graphic, and a pink and blue beanie. The woman in the middle is wearing a blue hoodie with the text 'FOR OUR WAY' and 'AGAINST CANCER', black leggings, and a blue beanie. She has her hands raised in a gesture. The woman on the right is wearing a purple jacket, blue jeans, and a purple scarf. The background is a grassy field with trees.

Cancer Related Fatigue

Mental Health



A man and a woman are training in a gym. The man, on the left, is wearing a black t-shirt and boxing gloves, and is hitting a heavy bag. The woman, on the right, is wearing a black t-shirt and is also hitting the heavy bag. The heavy bag is black with yellow text that reads "GRIZZLY". The gym has a brick wall and a window in the background.

Muscular strength and Bone Health



How do I get started?

Perceived barriers and motivators to moving more.

BARRIERS

- Lack of Confidence
- Lack of Motivation
- Embarrassment
- Fear
- Bad weather
- Dislike of the gym
- Not the sporty type
- Living with one or more long term conditions
- Lack of time
- Lack of local opportunity
- Lack of support.
- Unsure of where to start

MOTIVATORS:

- Spending time with family and friends
- Increasing quality of life
- Proving you still can
- Staying fit and health
- Personal time
- To feel good
- Expanding your social circle
- For mental benefits
- Decrease social isolation
- Improving strength and fitness.

Mindset and motivations
WOOP GOAL SETTING

WHAT YOU WANT TO ACHIEVE
OUTCOME
OBSTACLE
PLAN

WHAT TO THINK ABOUT?

- BUILD YOUR FOUNDATIONS
- CARDIOVASCULAR FITNESS
- MUSCLES STRENGTH
- FLEXIBILITY TRAINING
- BALANCE AND PROPRIOCEPTION



Contraindications

- ▶ Infections requiring antibiotic therapy
- ▶ Temperature $>38^{\circ}\text{C}$
- ▶ Haemoglobin <8.0 g/dL with anaemia symptoms (e.g. fatigue, dizziness, weakness, breathlessness, palpitations)
- ▶ Platelets $<50 \times 10^9\text{L}$
- ▶ Abnormal heart rate or blood pressure response to exercise
- ▶ New experiences of symptoms of cardiac or pulmonary dysfunction (e.g. dyspnoea, palpitations, dizziness, swollen feet, chest pain, cough, wheezing).

Cautions

- ▶ With Neutropenia, avoid high intensity exercise; avoid settings with increased risk of infection (e.g. public pools); sterilise equipment; wash hands
- ▶ With asymptomatic anaemia, avoid high intensity exercise and monitor for symptoms
- ▶ With thrombocytopenia, avoid activities with risk of bleeding/bruising (e.g. high impact, contact sports)
- ▶ With hypertension, be cautious with high intensity exercise or resistance training
- ▶ With osteopenia, avoid high impact activities, contact sports,.
- ▶ With peripheral neuropathy, be cautious with activities on uneven surfaces, advanced balance activities, and training requiring hand grip or ankle stability



TOP TIPS

- SET GOALS
- BUILD UP GRADUALLY
- FIND OUT WHAT WORKS FOR YOU
- GET INTO A ROUTINE
- SCHEDULE MOVING MORE INTO YOUR DAY
- MAKE SURE YOU RELAX AND RECOVER. LISTEN TO YOUR BODY
- REMEMBER EXERCISE IS GREAT FOR MANAGING CANCER RELATED FATIGUE
- GET IN CONTACT WITH MOVE CHARITY.

@MOVE
Charity

EVERY

accomplishment

STARTS WITH

the DECISION

TO TRY



Things you can get
involved with.





A community-based initiative to encourage those living with and beyond cancer, families, friends and those working in cancer services to walk, jog, run, cheer or volunteer at a local 5K Your Way parkrun event on the last Saturday of every month.



What we are:

- A support group with a difference
 - A run and walking club with a difference
 - A social opportunity with a difference
- A coffee morning with a difference
- Founded by Lucy Gossage, Gemma Hillier-Moses (MOVE Charity)



www.movecharity.org

www.5kyourway.org

info@5kyourway.org

Patient Information

This patient information leaflet contains a summary of key information and practical tips on physical activity for Cancer patients.

Share it online, by social media or print it out. You can use it as a poster on the wall.

[Download the leaflet.](#)

Moving Medicine

Being active is important for Cancer

What good things could being more active do for you?

- Improves cancer-related fatigue
- Helps depression
- Helps anxiety
- Improves sleep quality
- Improves quality of life
- Improves cardiorespiratory fitness
- Improves cognitive function

Follow these Top Tips to keep you active:

- 1 Be active everyday, do a little even when you're tired
- 2 Pace activity to do a little more on your better days
- 3 Most people lose some muscle strength during and after cancer. Some muscle soreness is normal after doing a new exercise. Over time, as your body adapts and strengthens, this will reduce
- 4 Breathlessness is often experienced in cancer. If you have lost fitness, it is normal to find you are more breathless doing activities than you were previously. Do not worry about breathing a little harder because it will help get your heart and lung fitness back to where it used to be.
- 5 During chemotherapy cycles, you'll recognise

Build activity into everyday life:

- At play
 - Yoga/pilates /tai chi
 - Swimming or aqua class
 - Throwing ball in park with child
 - Exercise class
- Housework
 - Gardening
 - Walking

A HEALTHY BALANCED DIET

Do you want
to know more
about a
healthy diet?

Why is your diet
important?

Top tips on how to eat
well?

How to maintain a
healthy weight.

A Healthy diet: What does that mean?

Having a balanced diet is one of the best choices you can make for your overall health.

It will help you to maintain your strength, have more energy and have an increased sense of wellbeing.

It can also reduce the risk of new cancers and other diseases such as heart disease, stroke and diabetes.

Making changes isn't always easy. There are so many barriers that we all face which get in the way of us eating a healthy balanced diet.

Set small, realistic goals and decide how you will achieve them.

A healthy eating guide:

For most people, a daily balanced diet includes;

Lots of fruit and vegetables

Plenty of starchy foods such as wholemeal bread, brown pasta and rice, couscous and sweet potatoes.

Some protein rich food such as meat, poultry, fish, nuts, eggs and pulses (beans and lentils)

Some milk and dairy foods such as cheese, yogurt and cream

Just a small amount of food high in fat, salt and sugar.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
6046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

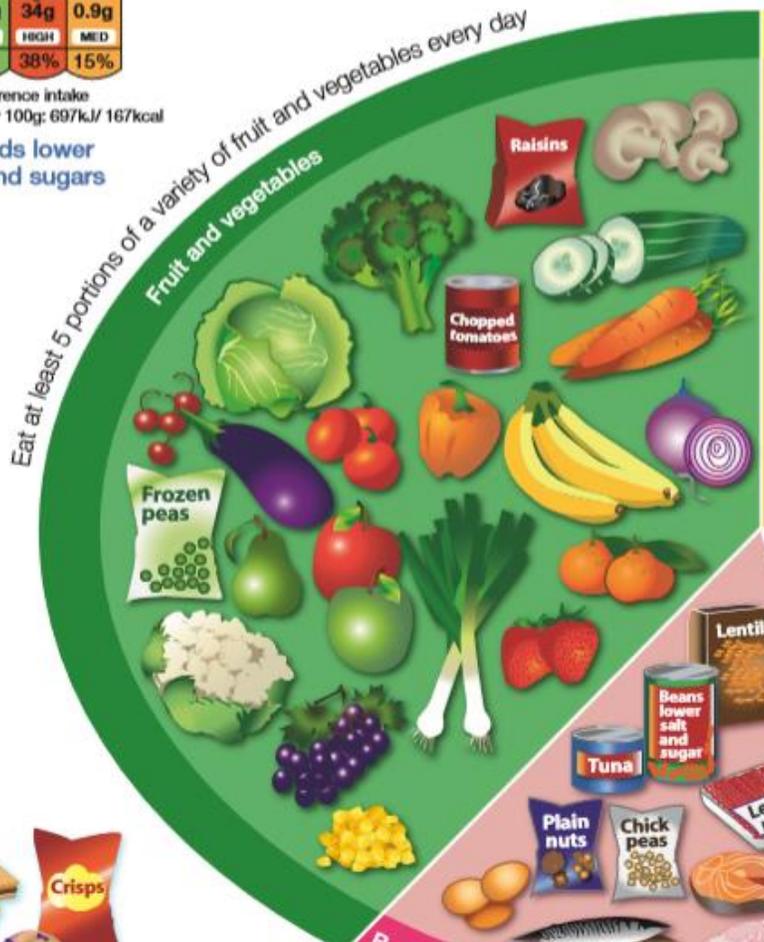
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Eat less often and in small amounts



Oil & spreads
Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Commonly asked questions
about diet and cancer.

Can diet reduce the risk of cancer coming back?

There is some early evidence from breast and bowel cancer studies that diet may make a difference to the chances of cancer coming back.

But there still isn't enough clear information to make precise recommendations about what someone with a particular type of cancer should eat.

In general cancer experts recommend following a healthy, balanced diet for the whole body and not just the prevention of one type of cancer.

What Foods should I avoid when I have low immunity?

If your medical team has told you that your immunity may be lowered during your treatment, you can ask them if you should follow any special dietary advice. Here are a few general tips;

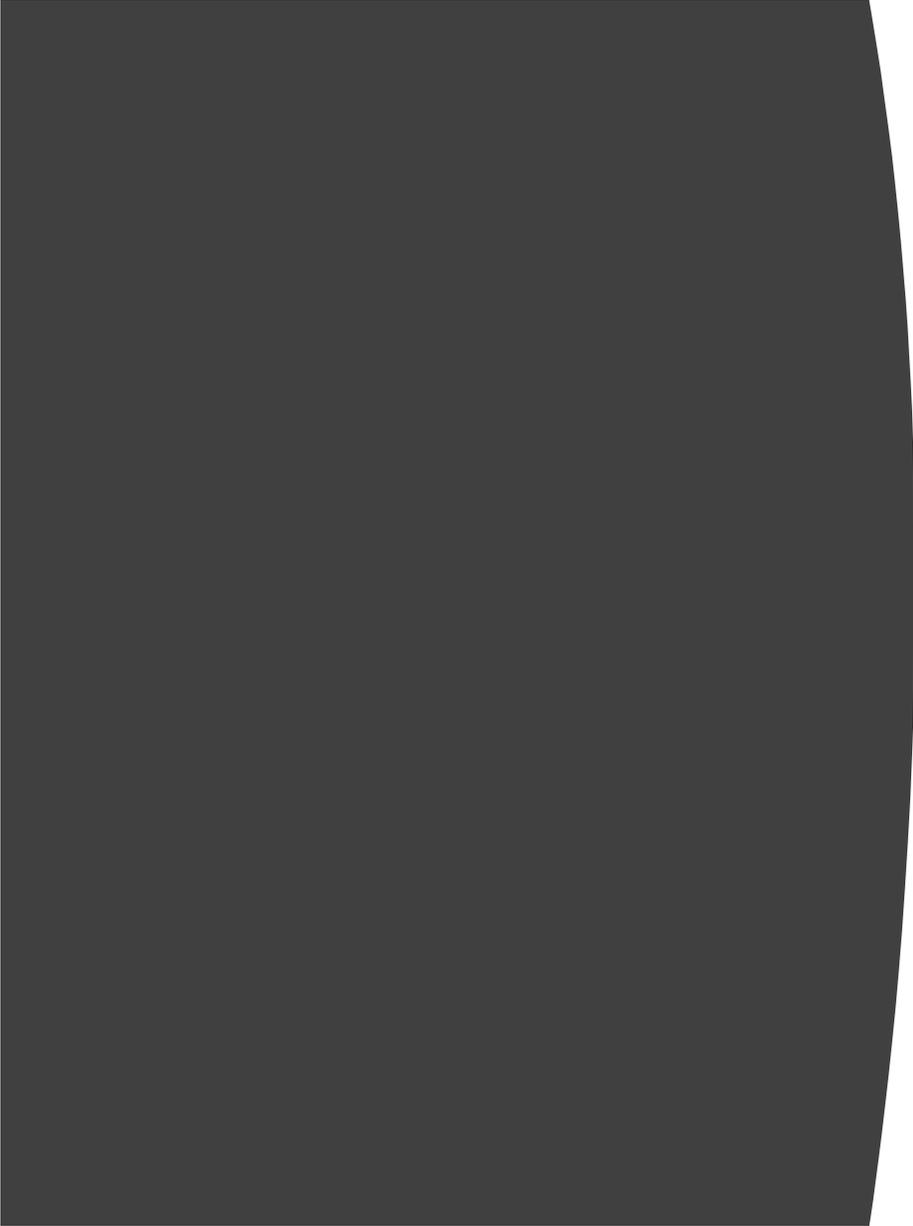
- Make sure that your food is well-cooked.
- If you are eating raw foods, such as salads or fruit, make sure they are washed thoroughly.
- You should avoid pate, raw eggs, live bacterial yogurt and cheeses made from unpasteurised milk such as brie and blue veined cheeses.

Should I take Dietary supplements?

For most people, a balanced diet provides all the nutrients they need and eating food provides more goodness than just vitamins and minerals.

Some people find it difficult to eat a balanced diet so may benefit from taking multivitamin or mineral supplements that contains up to 100% of the recommended daily allowance.

Supplements may be beneficial in some situations, such as for people who can't absorb all the nutrients they need. People at increased risk of bone thinning (osteoporosis) may benefit from taking calcium and Vit D supplements to help strengthen their bones.



It is possible some supplements may interfere with how cancer treatments work, and make them less effective.

So if you are currently having treatment for cancer, it's important you get advice from your medical team before taking any supplements.

Does Sugar Feed Cancer?

Sugar in your diet doesn't directly increase the risk of cancer, or encourage it to grow. But sugar contains no useful nutrients, apart from energy and we can all get energy we need from healthier sources.

So it's best to limit the amount of sugar in our diet.

Do Anti Cancer Diets work?

There isn't good evidence that these diets can make cancer shrink, increase a person's chance of survival or cure the disease.

Some people get satisfaction from following these types of diet but others find them very expensive, quite boring and unpleasant to eat, and time consuming to prepare.

Some diets may lack important nutrients or be unbalanced in other ways and may even be harmful.

Dieticians, doctors and specialist nurses recommend a well balanced and enjoyable diet as we have talked about throughout this presentation.

Useful Resources

<https://www.macmillan.org.uk/>

British Dietetic Association:
www.bda.uk.com

CORE: www.corecharity.org.uk

Diabetes UK
www.diabetes.org.uk.

Maggies centres
www.maggiescentres.org



THANK YOU