

## Medical Oncology

### Benefits of Physical Activity Information Sheet

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## Benefits of Physical Activity

- Don't forget the importance of physical activity during treatment. Regular physical activity during your cancer treatment can help fight fatigue, help preserve and rebuild muscle and bone mass, reduce stress and anxiety, fight depression, and lessen constipation.
- Aim for 30 minutes of moderate physical activity 5 days per week. If this seems like too much, start with smaller goals and work up to 30 minutes 5 days per week.
- Remember, something is always better than nothing! Talk with your doctor before beginning a new exercise routine.
- Do not exercise if you have a fever or if you are unable to eat or drink.

See the *Chemotherapy and Immunotherapy Patient Guide* book for more information.

If you have questions or concerns, please call your care team at:  
Bronson Cancer Center – Battle Creek 269-245-8660  
Bronson Cancer Center – Kalamazoo 269-286-7170