#SETgoMove!

Survivors Exercise Together: The Benefits of Movement during COVID

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Outline

- Discuss the goals of #SETgoMove!
- Review physical activity guidelines for cancer survivors
- Discuss ways to be active at home and survivorspecific precautions
- Review the physical and mental benefits of physical activity
- Discuss benefits of yoga for cancer survivors
- Launch #SETgoMove!



#SETgoMove! Goals

- ☐ Encourage survivors of gynecologic cancers to be physically active to improve their physical and mental health
- ☐ Create a social network for survivors to receive support from each other and the gynecologic oncology community



CANCER SURVIVOR PHYSICAL ACTIVITY GUIDELINES



Berniesiefelmd.com



ASCO Physical Activity Guide

Be regularly active

- at least 150 minutes of moderate activity OR
- at least 75 minutes of vigorous activity per week
- It is best to spread these activities throughout the week

Include strength training

 Lift weights and do other muscle-building exercise (such as resistance bands) at least 2 days a week



ASCO Physical Activity Guide

Start slow

- If you are just starting to exercise, slowly increase how long and hard you workout
- Keep increasing your time until you reach 30 minutes of activity per day

Short sessions help

- Short periods of exercise are helpful if you are too tired or don't have time for a long session
- The health benefits of several short, <u>10-minute</u> segments are similar to those of 1 longer exercise session

Avoid inactivity

- Any type of physical activity or movement can be helpful!
- Studies show that spending most of your time sitting can increase the risk for some cancers



Activity Levels

Light Activity

- Not exerting yourself (not short of breath)
- Not sitting, standing or laying
- Examples: slow walk, household chores (dishes, making the bed)

Moderate Activity

- Breathing like you are walking fast
- Able to talk, but not sing during the activity
- Examples: dancing,
 gardening, canoeing

Vigorous Activity

- Breathing heavily
- Can say a few words but then need to pause for a breath before continuing
- Examples: jogging, jump roping, and swimming







Tips for Success

General Recommendations

- Schedule 10-minute
 walking breaks throughout
 the day
- Wear a pedometer every day and try to increase the number of daily steps



At Home Movements

- Walk around the neighborhood after dinner
- Ride a bike
- Mow the grass, or rake the leaves instead of using a blower
- Weed the garden
- Wash and wax the car
- Scrub the bathroom



Precautions



- If multiple or uncontrolled comorbidities (health conditions), consider exercise modifications after talking with your physician.
- If severe anemia, delay exercise, other than activities of daily living, until the anemia is improved.
- If severe fatigue, consider 10 minutes/day of light exercises.
- If undergoing radiation, avoid chlorine exposure to irradiated skin (eg, swimming pools).
- If significant numbness or tingling in your arms or legs, be aware of a possible weakness or loss of balance. Try a stationary reclining bicycle, rather than walking on a treadmill.
- If catheters or feeding tubes, be cautious or avoid pool, lake, or ocean water that may result in infections, as well as resistance training of muscles in the area of the catheter to avoid dislodgment.

Physical and Mental Benefits of Physical Activity

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Benefits of Exercise

- Multiple factors impact the health of gynecologic cancer survivors
 - Treatment effects chemotherapy, surgery, radiation
 - Age
 - Other medical conditions
- These can lead to: pain, weakness, fatigue, ability to perform self-care activities, anxiety, depression...
- Exercise has many physical AND mental health benefits!



Physical Benefits of Exercise



- Improvements in:
 - Heart and lung health
 - Muscle strength
 - Endurance
 - Body composition (less fat, more muscle)
 - Balance
 - Bone health
- Reduction in comorbid conditions (such as diabetes and hypertension)



Physical Benefits of Exercise

- Overall improved physical functioning (i.e. mobility, self-care)
- Better cancer survival in multiple different types of cancer
- Ovarian cancer survivors
 - Reduced risk of cancer recurrence and overall mortality
- Endometrial cancer survivors
 - Weight loss may improve overall survival
- Cervical cancer survivors
 - Decreased fatigue





Mental Benefits of Exercise

Survivors who exercise are MORE likely to have:

- Higher self-esteem
- Feel happier
- Better quality of life





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Mental Benefits of Exercise

Survivors who exercise are LESS likely to have:

- Fatigue
- Psychosocial distress
- Depression
- Anxiety







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Exercise Specialist, Virginia Cooperative Extension

Presentation for: Ready SET GO! May 20, 2020

3 COMPONENTS OF YOGA CLASS FOR PUBLIC HEALTH

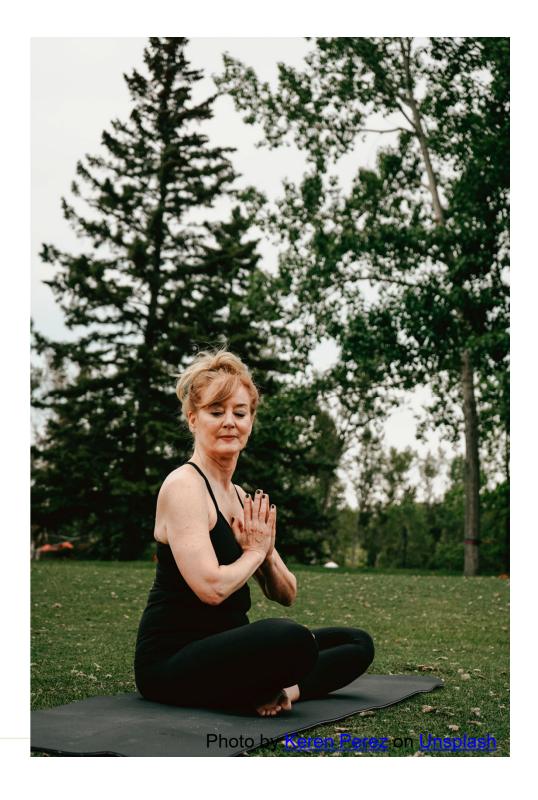
| Yoga kernel / core element | Sanskrit | Brief overview of benefits | Example |
|----------------------------|-----------|---|---|
| Postures | Asana | Physical practice, physical | Shapes, flows, movement such as "Warrior I or Virabhadrasana I" |
| Breathing | Pranayama | The connection between breath, the mind, and emotions | Belly breathing has been shown to help manage acute stress |
| Meditation | Dhyana | Meditate: to engage in contemplation or reflection | Can be practiced within a class or outside a class in any environment |



Experiential learning

Belly breathing, moving in 6 directions of the spine, scalp massage, grounding

Free, easy access/easy training techniques



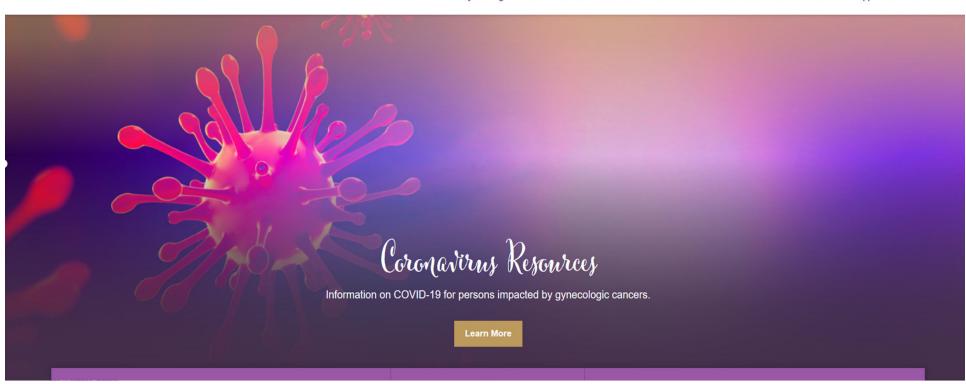


#SETgoMove!

foundationforwomenscancer.org



Events & Courses Clinical Trials Get Involved



#SETgoMove!

- Upcoming video segments (4-5 minutes in duration)
 - Warm-up
 - Arms
 - Back
 - Legs
 - Shoulders- strength
 - Shoulders- stretching
- PDF containing electronic physical activity resources





5 MINUTE FULL BODY SESSION



Share your favorite home-based exercise or encouragement!

Post your video or picture with our hashtag:

#SETgoMOVE

