



Physical Activity Recommendation by Cancer Control Time Point

Cancer Control Time Point	Godin Baseline Activity Level	Physical Activity Recommendation
Disease prevention, prevention and detection or Post-treatment recovery	Moderately or vigorously active	<p>Current Adult Recommendations:</p> <ul style="list-style-type: none"> At least 150 minutes a week of moderate-intensity activity or 75 minutes a week of vigorous-intensity aerobic physical activity Muscle-strengthening activities of moderate or high intensity involving all major muscle groups on two or more days a week
	Sedentary	<p>Activity intensity: Light</p> <ul style="list-style-type: none"> Frequency: 2–3 days/week, aerobic and resistance exercises Duration: 5 – 10 minute episodes Goal: 20 – 30 minutes of light exercise on most days
During treatment	Moderately or vigorously active; sedentary or symptomatic	<p>Activity intensity: Light</p> <ul style="list-style-type: none"> Frequency: Start slowly during first weeks of treatment, 1–3 days per week. Adapt as needed to treatment response and side effects. Duration: 5–10 minute episodes. Fit individuals may do more than one episode per day while monitoring fatigue level and hydration. Avoid public gyms or work out sessions if neutropenic, and maintain only light exercise regimen. Goal: As tolerated, must be closely monitored and adjusted. For any progression other than light activity refer to Exercise Specialist

Additional Considerations	Cautions
Implanted VAD	<ul style="list-style-type: none"> Avoid pools and open water Avoid resistance exercise in that extremity or muscle group, contact sports, or ball sports
Lymphedema	<ul style="list-style-type: none"> Use a compression garment when exercising Start resistance training very slowly Evaluate limb response Utilize an experienced exercise specialist
Ostomy	<ul style="list-style-type: none"> Same as for implanted VAD Empty bag before exercising
Neuropathy	<ul style="list-style-type: none"> Consider balance issues Aerobic exercise might be more comfortable on a bike or in water
Osteoporosis or metastatic bone disease	<ul style="list-style-type: none"> Monitor fracture risk before initiation Consider new onset of pain an ominous sign indicating need for reevaluation