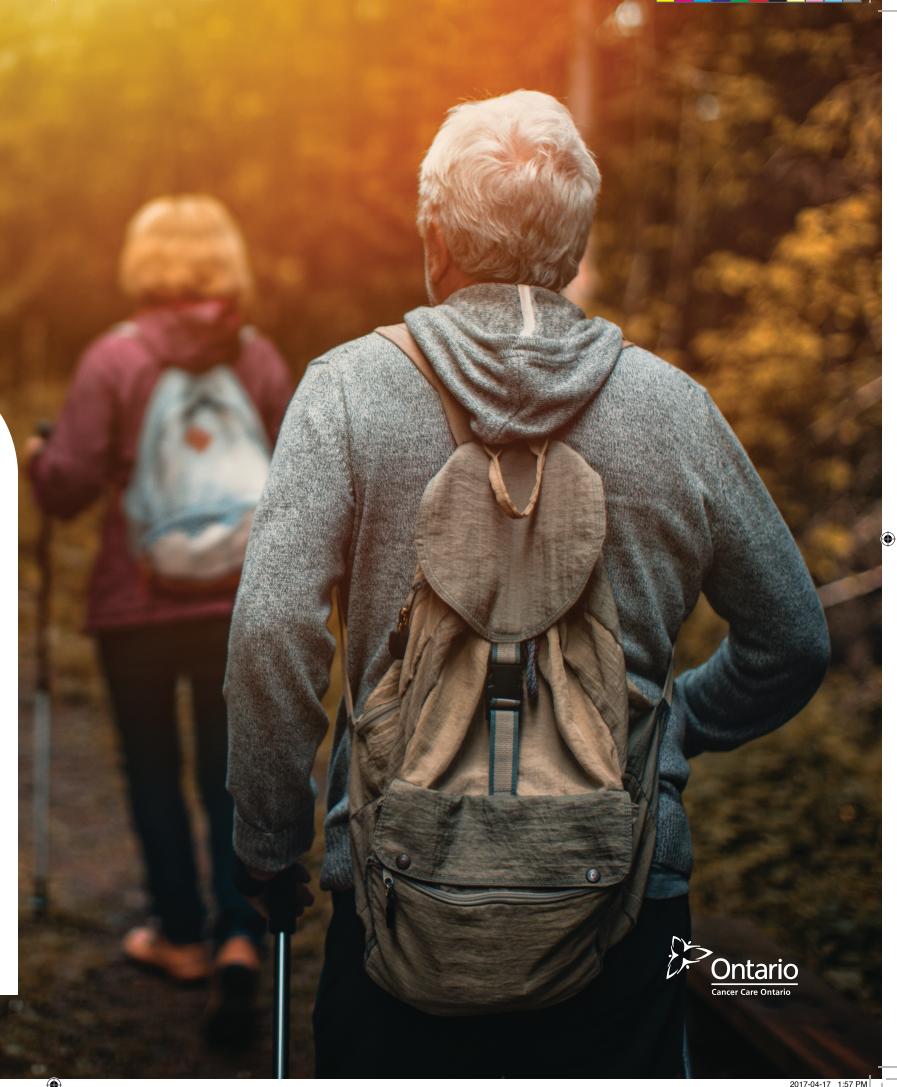




## Did you know:

Exercise may help your mind and body feel better during and after your cancer treatment.

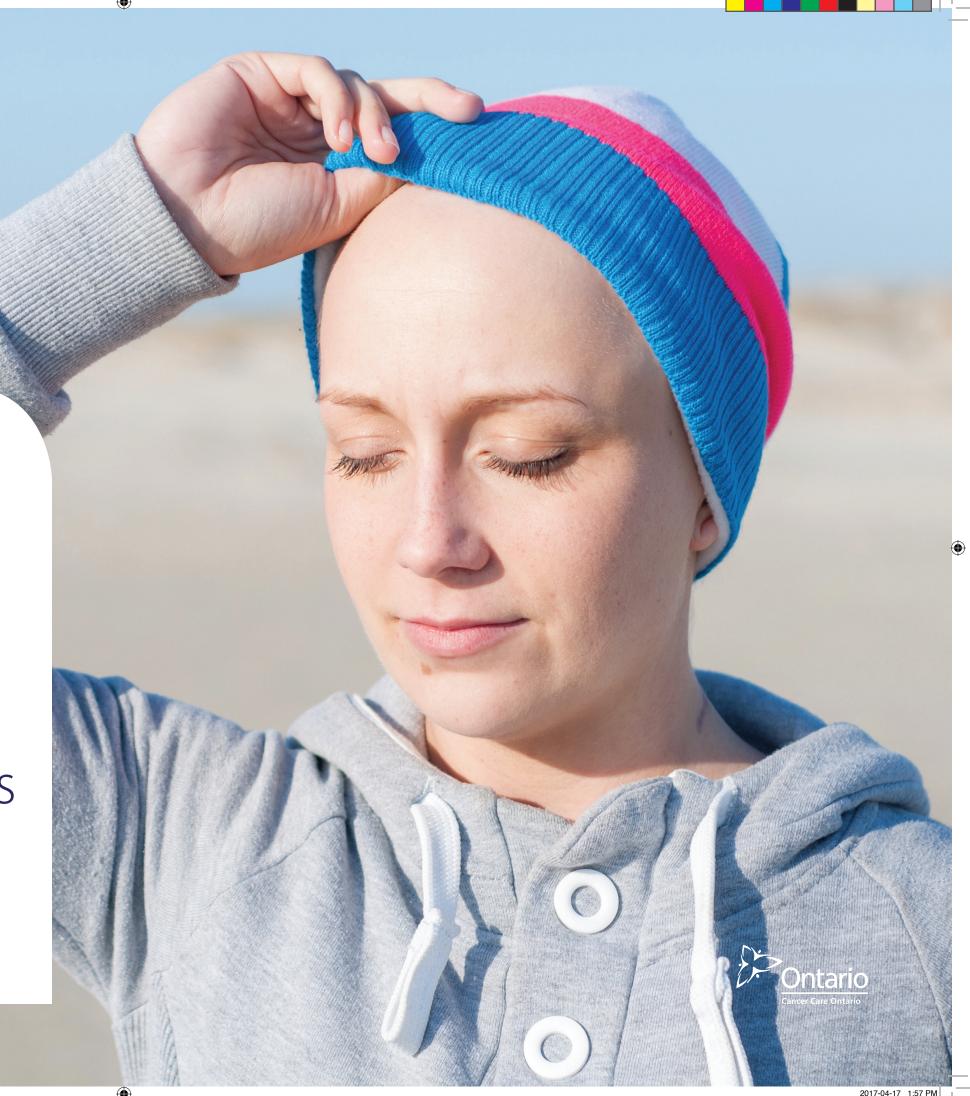






## Did you know:

Exercise during your cancer treatment may help to manage symptoms like fatigue, anxiety and depression.





## Did you know:

You can exercise for 30 minutes most days of the week. If 30 minutes is too hard for you, try breaking it into smaller amounts of time throughout the day.



