



Cancer Care Ontario

# Did you know:

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Exercise while you are getting cancer treatments is safe and helpful.

## Did you know:

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

# Did you know:

During your cancer treatments you should try to get 2.5 hours of exercise each week.



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# Did you know:

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





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# Did you know:

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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.



# Did you know:

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Exercise can help to improve your quality of life, the way your body moves and feels, and your fatigue. It can even help you to live longer with cancer.