



Cancer Care Ontario

Did you know:

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



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Did you know:

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



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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:

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



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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.



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Did you know:

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.