

Get moving, Keep motivated

Blood cancer and its treatment can have a significant impact on your physical, emotional and spiritual wellbeing. It can leave you feeling fatigued and struggling to be active.

Research shows that if you engage in physical activity, it can reduce some of the symptoms and side effects of cancer and its treatment.

If you have never been active or are currently limited in what you can physically do, or just can't do what you used to do, here are some useful tips to get moving and stay motivated at any age, at any stage after a blood cancer diagnoses.

The 3 P's: Planning, Prioritising & Pacing

- » **Planning** to move when you have the most energy
- » Use a diary to organise & track your progress each week
- » Making exercise a **priority** and part of your daily routine to create positive habits
- » Listen to your body & physical needs, then adjust your routine
- » **Pace** yourself by doing little amounts regularly, rather than pushing yourself beyond your capacity
- » Know your NEW limits

Remember

The amount and type of exercise recommended depends on your individual circumstances, including what you would like to achieve.

It is important to discuss exercise with your treating team or GP to ensure that your exercise choice best suits your healthcare needs.

Hints and tips

- » Exercise little and often, something is better than nothing
- » Progress can feel slow, so be realistic when setting goals
- » Be forgiving on your difficult days
- » Choose physical activity that you enjoy e.g. bush walking / dog walking / yoga / swimming / join a team / park run / dancing in the kitchen
- » Incidental exercise throughout the day counts e.g. gardening / housework
- » Increase your incidental exercise e.g. use stairs rather than a lift / park a little further away from the shops / get off the bus before your stop
- » Gather your 'support' team e.g. exercise with a friend to stay motivated & accountable
- » Consistency is the goal even when you can't see much improvement.
- » Set small, achievable goals. Better to exceed expectation than set a hurdle.
- » Consider a referral to an exercise professional who can develop an individual plan for you e.g. exercise physiologist / physiotherapist.

Resources

[COSA](#) position statement (Clinical Oncology Society of Australia)

[Maintaining an exercise routine](#)

Dr Camille Short, Melbourne University

[Find An Accredited Exercise Professional](#)

[Find a Physiotherapist](#)

"Motivation is what gets you started. Habit is what keeps you going."

Jim Ryun