

HEALTH TIP



FITNESS DURING CANCER TREATMENT

Staying active during cancer treatment can have total-body benefits in addition to improvements in quality of life. Be sure to clear any exercise with your doctor before you begin:

Slow and Steady – Especially depending on where you are in treatment, take exercise slowly. Even a brief daily walk can do wonders.

Stay Strong – Strength-training exercises can help you maintain and increase muscle mass, while also helping to keep the body from getting stiff from inactivity.

Focus on Flexibility – Exercises that help you maintain balance are always important. Stretch and strengthen large muscle groups like the abdomen, thighs, chest and back.

Have Fun – The best way to maintain a fitness program during treatment is to make it interesting so that you'll keep doing it!



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