

Managing Cancer-Related Fatigue Through Exercise

Please note: For the most current recommendations and information, please consult your physician

This document has been provided compliments of:



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Fatigue is something that most cancer patients battle with prior to, during, and even after treatment. Research has shown that regular exercise can significantly decrease cancer-related fatigue. A cancer diagnosis often disrupts your regular routine, and your once active lifestyle is now replaced with going to the doctor, multiple treatments, and hospital stays. These changes in your routine may lead to feelings of less energy and progressively more tiredness.

Exercise can bring about numerous improvements for cancer patients, included but not limited to the following:

- Appetite improvement
- Increased energy
- Enhanced overall outlook
- Overall improved quality of life
- Boost in general sense of well-being

Exercise Guidelines

- Ease into exercise and allow your body adequate time to adjust to the regimen.
- Develop a regular exercise schedule. A regular schedule with help avoid injury.
- Do not exercise to the point of extreme soreness, exhaustion, or stiffness.
- Pace yourself, it is not a competition!
- Be careful during exercise and have a buddy with you.
- Do not exercise in extreme temperatures.
- Make sure you hydrate during exercise and have water readily available.

Safe and Helpful Exercises

- Brisk walking
- Stretching and light weight training
- Water aerobics (with doctor permission)
- Yoga
- Indoor stationary cycling

References

National Comprehensive Cancer Network. (2014). Exercising during cancer treatment. Retrieved from http://www.nccn.org/patients/resources/life_with_cancer/exercise.aspx

UT M D Anderson Cancer Center. (August 20, 2014). A patient guide for managing cancer-related fatigue. Retrieved from <http://inside2.mdanderson.org/apps/pe/docs/pdfOnly/3166.pdf>