



SPRING exercise information

Therapy department

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yeovilhospital.nhs.uk



Exercise

This leaflet is designed to support you to take a more active lifestyle during and after your cancer treatment. We hope it helps you incorporate exercise into your daily routine so you can continue being active even when you have finished SPRING.

The NHS guidelines suggest all adults should complete 150 minutes of moderate level activity every week. This includes patients who are going through and after cancer treatment.

You do not have to complete the 150 minutes of exercise in one go – you can break it down into five 30-minute sessions or even 15 ten-minute chunks.

We advise doing a moderate intensity level of activity. This is when you are feeling slightly warmer (enough to take off a layer of clothing) and taking a slightly deeper breath. But not working too hard, so you are still able to hold a conversation.

Contradictory to what you may believe, exercising can help to reduce fatigue, and also help you sleep better. It is important that you listen to your body and avoid working over the moderate intensity level and into exhaustion, which could make the fatigue worse.

Try to pace yourself through the exercise and perform the activity at a time of day when you are less tired.

Why be active?

Being more active has lots of benefits, including:

- Strengthening your muscles, joints and bones
- Helps look after your heart and cardiovascular system
- Help maintain a healthy weight
- Reduces anxiety, depression, and stress
- Releases chemicals to improve your mood
- Helps you recover from side effects of the treatment
- Helps reduce the risk of other health problems

Exercise should never cause pain or discomfort, though you may feel aches from the muscles working and muscle fatigue.

It is very important that you start gradually and build the time and intensity slowly, to allow your body to get used to it. Please use this exercise chart as a guide but be led by how your body is feeling.

The following charts include exercises that are intended to be progressive and performed on a regular basis. Your goal is to complete 150 minutes of moderate levels of activity each week.

Please add any further exercises you wish to the chart. Please discuss with the SPRING team your progress each week so they can monitor your progress.

For more information

The Therapy Department is open
Monday to Friday 8am till 5pm

If you have any questions or require
further information or advice, please
contact:

Therapy Department: 01935 384358

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in another format, eg.
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language, please ask a
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