



5 things

- **to do to keep up strength
during or after cancer
treatments**

Source: Carol Michaels, cancer exercise specialist



First things first...

**Consult your physician
to see how much
physical activity you
should be doing.**



Breathe

**Steady breathing
doesn't only stretch
some of your chest
muscles, but can also
calm you.**



Stretch

**Surgeries and bed rest
can cause muscles to
tighten or shrink.**



Walk

Some cardio is better than no cardio. Walk outside or around the house, if only for a few minutes.



Lift

**To build up muscle,
and if your body is
up to it, you can
start lifting one- to
two-pound weights.**



Endure

● **Patience is a virtue to get through a cancer diagnosis and getting fit.**