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REASONS TO REFER CANCER PATIENTS TO EXERCISE PROGRAMS

Research shows that exercise can improve several cancer-related outcomes.

Strength of Evidence

Strong
≥5 RCT; n>150 aggregate sample

Moderate
Mixed evidence



1. Less fatigue

Moderate intensity exercise can significantly reduce cancer-related fatigue (1).

Moderate intensity aerobic and resistance training alone or combined can improve physical function (1).

2. Improved function



3. Better sleep

While evidence is mixed, some studies have shown that exercise can improve sleep quality for some cancer survivors (1).

Combined moderate intensity aerobic and resistance training can reduce anxiety and improve depressive symptoms (1).

4. Enhanced mood



5. Improved QOL

Combined aerobic and resistance exercise can improve quality of life during and following treatment (1).

A growing body of evidence shows that physical activity can improve cancer-specific and all cause mortality (2).

6. Improved Survival



Varies by cancer site



7. Clinician referral

Research has shown that **patients are more likely to exercise** if their healthcare provider tells them to (3).

The **Physical Activity & Cancer (PAC) Lab** offers safe and effective evidence-based exercise programs for individuals living with and beyond cancer.

8. We can help



www.thepaclab.com



Analyses of outcomes from our own **ACCESS** study found that a 12-week, individually tailored exercise program for those living with and beyond cancer improved fatigue, fitness (strength & endurance), sleep, activity levels, exercise self-efficacy, and mood for those experiencing negative affective outcomes. Participants also reported fewer sedentary behaviors (4).

1. Campbell KL, et al. Exercise guidelines for cancer survivors: consensus statement from international multidisciplinary roundtable. Med Sci Sport Exerc 2019; 51(11): 2375-2390.
2. Patel AV, et al. American College of Sports Medicine round table report on physical activity, sedentary behavior, and cancer prevention and control. Med Sci Sport Exerc 2019; 51(11):2391-2402.
3. Schmitz KH, et al. Exercise is medicine in oncology: engaging clinicians to help patients move through cancer. CA Cancer J Clin 2021; 69(6):468-484.
4. Heinze SS, et al. Activating Cancer Communities through an Exercise Strategy for Survivors: an effectiveness-implementation trial. Frontiers in Cancer Control and Society (under review).