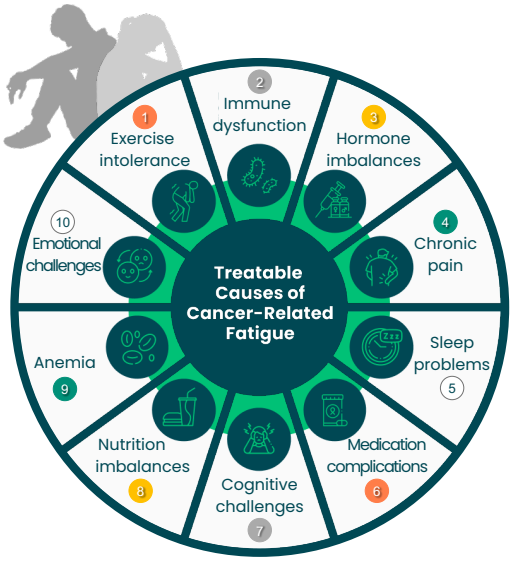
Exercise Therapy & Cancer-Related Fatigue

Cancer-related fatigue is a debilitating and complex condition. Fortunately, exercise therapy is highly effective at preventing, minimizing & treating it!

Why is exercise so effective?

Most treatments for cancer fatigue only target a single cause of it. On the other hand, exercise positively influences all the treatable causes of cancer-related fatigue.

Treating Cancer-Related Fatigue with Exercise Therapy



Therapeutic Effects of Exercise on the Main Causes of Cancer Fatigue

- 1 ↑ Cardiovascular & skeletal muscle health
- 2 ↑ Immune function & ↓ inflammation
- 3 ↑ Metabolism, body composition & hormone regulation
- 4 ↓ Pain & 6 ↓ Medication use
- 5 ↑ Sleep duration & quality
- 7 ↑ Cognitive function
- 8 ↑ Appetite & gastric motility
- 9 ↑ Oxygen transport & energy production
- 10 ↓ Emotional disturbances

What is Exercise Therapy?

Exercise Therapy takes a medicalized approach to traditional exercise training. It uses advanced testing, prescription, & treatment methods to identify & deliver the therapeutic dose of exercise required to target the specific causes of your fatigue.

Exercise Therapy, like all medicine, is…

- personalized & precisely prescribed to treat your specific health conditions;
- rigorously delivered, monitored & adapted by experienced medical exercise specialists to ensure it is safe, well-tolerated & effective at improving your health.

Unlike medicines delivered in traditional forms (e.g. pills, injections), **Exercise Therapy** requires additional factors to be considered when planning, monitoring, & delivering it.

Cancer Fatigue SERVICES

Research has shown that Exercise Therapy is the best single treatment for cancer-related fatigue!

Findings[1] from >400 studies involving >33,000 patients demonstrate that exercise interventions achieved the greatest improvements in cancer-related fatigue when they...

...were SUPERVISED!

...involved aerobic exercise.

...lasted at least 6 months.

...had 30- to 60-minute sessions.

...were performed 3x per week.

[1] Zhou *et al.*, Support Care Cancer, 2022

Cancer Fatigue SERVICES

Our Evidence-Based Approach

Our **Exercise Therapy** services are...

- targeted to the specific causes of your fatigue & health concerns.
- affordable, with flexible payment & insurance coverage options.
- prescribed & personalized using the 'gold standard' of **aerobic exercise** assessments. [i.e. cardiopulmonary exercise tests]
- safely progressed over **6 months** to achieve:
  - ≥ **3 exercise sessions** /week; &
  - **30-60 minutes** /session. [or combined exercise /day]

Exercise Therapy interventions are **overseen** by our physicians & **supervised** by our exercise therapists. We strongly recommend **at least 1x per week** to ensure you safely experience the greatest benefits in the shortest amount of time by:

- closely monitoring your responses (e.g. heart rate, oxygen saturation) & unexpected symptoms that may develop during your training session.
- quickly adjusting your prescription to optimize your treatment dose or adapt to changes in your well-being or health status.
- providing compassionate & timely education & behavioural support to help you overcome obstacles & set-backs.
- providing an additional level of accountability to help keep you on track.

Cancer Fatigue SERVICES