Get Moving – How Exercise May Enhance and Extend Your Life

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PA in Cancer Survivors

- Only 22% physically active
- Over 18% obese
- Over 20-45% have emotional distress
PA in Cancer Survivors

- The benefits of PA:
  - Physical
    - Fitness
    - Health
  - Psychological
    - Mood
    - Stress
  - Overall - enhanced Quality of Life
  - Survivorship – increased PA, decreased recurrence; decreased co-morbidities
Physical Activity Studies in Cancer Survivors

Systematic review (Speck et al., 2010):
- 79 studies involving 6,516 cancer survivors
- 64 studies deemed high quality
- 60 different outcomes reported
- 40% included participants during active treatment, 60% were survivorship studies
- 90% were RCTs
- 84% included breast cancer survivors
- Mean n = 40 per group
What About Recurrence?

- PA decreases recurrence
- 2987 women
- Walking at average pace of 2 to 2.9 mph for 1 hour).
- Death, breast cancer death, and breast cancer recurrence were 26-40% lower in active women compared with inactive women.
  - Greatest benefit - walking 3 to 5 hours per week at an average pace.
  - No increased benefit with greater energy expenditure.
Motivation is what gets you started...
Habit is what keeps you going.
The First Steps...

- ALL movement is beneficial
  - Small choices can make a big difference

- Get creative
  - Think of ways to make everyday routines more “active”
Getting Creative - Examples

- Brushing Teeth
- Making Toast
- Driving
- Laundry and Household Chores
- Commercials
A Complete Week

- Try to incorporate 3 types of activity
  - Aerobic
  - Resistance / Strength
  - Flexibility

- All 3 have important benefits for patients & survivors
Building the Habit of Regular Physical Activity

Behavioural skills:
- Goal setting
- Confidence
- Support
- Scheduling
# Making It a Part of Your Life

*Current Recommendations from the Canadian Cancer Society:* Engage in at least 30-45 minutes of moderate to vigorous physical activity most days of the week.

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<th>Sunday</th>
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<td>Wellspring Exercise Class</td>
<td>Thrive Centre</td>
<td>Wellspring Exercise Class</td>
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**Physical Activities I enjoy:**
1. __________________________
2. __________________________
3. __________________________

**My Physical Activity Goals for the next 3 months:**
1. __________________________
2. __________________________
3. __________________________

**After Physical Activity, I feel:**
1. __________________________
2. __________________________
3. __________________________
Staying in the Habit...

- Overcoming Barriers
  - Fatigue
  - Too Busy
  - Sickness
  - Vacation
  - Other Demands
- Re-evaluating Your Goals

2. What do you enjoy? What are possible barriers and strategies?
The Thrive Program

1. Education
   • Exercising for your Life- TBCC 1st Wed. of every month
   • PA Education for Head and Neck Patients- 1st and 3rd Friday
   • PA for Prostate Cancer Survivors
   • Other talks available upon request

2. Yoga Thrive- 12-Week Therapeutic Yoga Program

3. The Thrive Lab- Individualized Fitness Testing and Program Design

4. The Thrive Centre- Open Gym available only for people affected by cancer. Located at the University of Calgary.

5. Free Exercise Classes at Wellspring on Monday/ Wednesday Evenings & on Friday afternoons - contact Wellspring for more information
Thrive Centre

- **Mission:** To provide a leading community physical activity and wellness centre for people affected by cancer.
- Supports intervention research
- Provides fitness facility – free of charge
Studies and Programs

- BEAUTY – exercise program for women with breast cancer, on treatment
  - Breast Cancer Study - AMBER Study
- B-ON-PACE – exercise program for brain cancer, through neuro-oncology clinic
- ENHANCE Study – exercise & nutrition RCT for head/neck cancer, through clinic
- CO.21 – exercise intervention study for colorectal cancer survivors

- Pediatric programs – Yoga, PEER, and ACTIVE Recovery
  - Pediatric Study – SCORE Study
Important Considerations

- Know your fitness level.
- Receive clearance to be active...build support to get and stay active.
- Some is better than none. More is better than some.
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