

Walking, Biking, Jogging, Spinning,
Weight Training, Yoga, Pilates, Aerobics, Cross training,
Core, Flexibility/Stretching

“Keep Movin”

Donna Wilson RN, MSN, RRT/Personal Trainer
Clinical Fitness Specialist
Integrative Medicine Center
Memorial Sloan Kettering Cancer Center
Captain, Empire Dragon Boat Team

Lifestyle Intervention

- Is there anything you can do to reduce stress, improve your ability to perform activities of daily living, boost your immune system and decrease inflammation

EXERCISE

- Research has demonstrated
 - Safe
 - Decrease fatigue
 - Maintain or decrease body fat
 - Improve muscular strength
 - Improve balance and posture
 - Improve body image
 - Improve bone health
 - Improve energy and Quality of life

How is Physical Activity Related to Health

- Control weight
- Maintaining healthy bones, muscles, joints
- Reducing risk developing hypertension & diabetes
- Promoting psychological well-being

- Endurance exercise on prostate cancer cell growth
- Link between physical activity and a reduced risk of prostate cancer

Prostate Cancer Exercise Outcomes

- Exercise - resistance training & Cardio fitness-HIIT
 - Safe
 - Improved muscular strength during ADT and radiation treatments
 - Improved balance
 - Lower incontinence in normal weight & physically active
 - Does not affect PSA
 - Reduces tumor growth

Active Lifestyle

- Knowing all the health benefits less than 50 percent of the US population exercises
- Less than 20 percent of the population goes to a gym
- 80% of cancer survivors over 65 are sedentary
- ACS suggest adults engage in at least 30 minutes of moderate physical activity 5 or more days a week; 45 to 60 minutes of intentional physical activity are preferable (2006)

WHY-Keep Movin

- Muscle Shrinkage with Age
 - Muscle mass decreases with age starting in the 50's and picks up speed in the 60's, 70's and 80's.
 - You can lose a staggering 40% of muscle especially in your legs between the ages 50-80 years old
 - No wonder balance and strength is a problem

Side Effect

Androgen –Deprivation Therapy

- Loss of Muscle mass
- Weight gain
- Fatigue
- Loss of bone-osteoporosis
- Decreased mental sharpness
- Depression
- Anemia
- Risk of High blood pressure, diabetes, stroke

Fitness Assessment

- How many of you exercise?
- How often?
- Do you consider yourself fit?

- Exercise program
 - Warm – up light cardio & stretching
 - Weight training-elastic bands or hand weights
 - Cardio-jogging, HIIT bike, treadmill, elliptical, aerobics
 - Core- pilates, yoga
 - Stretching

Designing an Exercise Program

- Change language not fitness or exercise-”KEEP MOVING”
- Identify the problems related to treatments
- Pre diagnosis activity level
- Pre diagnosis injuries
- Three minute step test –(YMCA)
 - Resting heart rate and oxygen saturation
 - Premise if client has a fast recovery heart rate one minute after stepping, he or she is in better physical condition
- Evaluate balance
- Design an individualized exercise program
- Set goals
- Make it fun

Exercise Program

- Breathing exercises---arm movements
- Chair squats-----12reps in 30 seconds
- Knee lifts-----12 reps each leg
- Cardio fitness-jump rope, jog, walk, steps
- Weight Training - isometrics
- Core-pilates, yoga
- Stretching – mobilization & static

Barriers to “Keep Movin”

- Fatigue
- Lack of time
- Lack of Motivation
- Lack of self-discipline
- Lack of interest
- Procrastination

Healthy Foods

- Include
 - Berries
 - Deep Colored vegetables
 - Lean protein- chicken, turkey, pork, eggs
 - Fish- salmon, tuna, sardines
 - Olive, avocado, or nut oils
 - Herbs and spice
- Limit
 - Sugar
 - Red meat, smoked meats
 - Fruits high sugar –banana, grapes, dates, figs, raisins
 - Carbohydrates-pasta, rice, white flour treats-bagels, donuts, cupcakes
 - Dairy high in fat

Why Exercise

- Feel Better
- Recover more quickly
- Have more energy
- Improved self-image and have fun
- Improve posture and better balance
- Climb stairs without breathlessness

Summary

- Exercise is safe during and after treatment
- Improvements in cardio fitness, muscular strength, energy level, and QOL
- Resistance/weight training is safe and increases bone density
- Research gaps
 - Specific modes of exercise
 - Duration
 - Frequency
 - Intensity



Exercise is Medicine