

Exercise guidelines for cancer survivors

Consensus statement from international multidisciplinary roundtable.

Avoid inactivity and continue normal activities and exercise as much as possible.



Aerobic exercise

- 3x/week
- 30 minutes per session
- Moderate intensity



Resistance exercise

- 2x/week
- 30 minutes per session
- 2-3 sets, large muscle groups

Expected benefits for different types of exercise

Aerobic only	Resistance only	Aerobic plus resistance
Decreased anxiety	Decreased fatigue	Decreased anxiety
Decreased depressive symptoms	Increased quality of life	Decreased depressive symptoms
Decreased fatigue	No risk of exacerbating lymphedema	Decreased fatigue
Increased quality of life	Increased perceived physical function	Increased quality of life
Increased perceived physical function		Increased perceived physical function

Campbell KL, Winters-Stone KM et al, Med Sci Sport Ex 2019; DOI: 10.1249/MSS.0000000000002116