Physical Activity and Lung Cancer

This leaflet provides information and advice on Physical Activity for patients with lung cancer. If you have any further questions or concerns, please do not hesitate to contact the Lung Cancer Clinical Nurse Specialist Team: 01484 355778.

Why exercise?

Many people think that when you have cancer you should not do physical activity or exercise. Physical activity can help you cope with some of the side effects of cancer and help you recover from treatment better (chemotherapy, radiotherapy, surgery).

Exercising can also help you:

- If you are feeling tired.
- If you are feeling worried
- If you are not sleeping well
- Relax
- If you are feeling low in mood
- Increase your appetite

What counts as physical activity?

Simple things such as housework, gardening, walking up the stairs and carrying shopping can be your daily physical activity. Adults should be active for at least 150 minutes a week. This can be all at once or broken down into smaller chunks every day, so 30 minutes a day.
You may be worried about being more active or exercising or doing more physical activity, so it is better to build up slowly.

Counting your daily steps is another way of being more active. This can include a walk around the garden, your local area and the steps you take in your home. Try marching on the spot as you wait for the kettle to boil. Park further away from the entrance to the shop or hospital. Lots of smartphones now have step counters on them. For help with this ask your healthcare professional or a family member may be able to guide you.

Exercises that might benefit you



Lunges

- Start in a standing position and use support if required.
- Take a large step forward and slowly bend your knees - try not to wobble or shake.
- Slowly return to your starting position.

To progress:

- Carry weights in each hand.



Wall push ups

- Face the wall with elbows straight and arms at shoulder height.
- Do push ups against the wall keeping your body in a straight line.



Arm curls

- Bend and straighten your arm.

To progress:

- Introduce a light weight and gradually increase.



Sit to stand

- Stand up and sit down using your hand(s) as required.
- Do as many as you can in a minute.

To progress:

- Cross your arms across



Step ups

- Climb one or two stairs quickly or a flight of stairs quickly holding onto a rail if required.

To progress:

- Increase the speed and the amount of stairs.



Stand on your toes

- Use support if required.
- Go up onto your toes.

To progress:

- Hold each lift for up to 5 seconds
- Wear an ankle weight.

Please speak to your healthcare professional to make sure they are safe for you to attempt before you start.

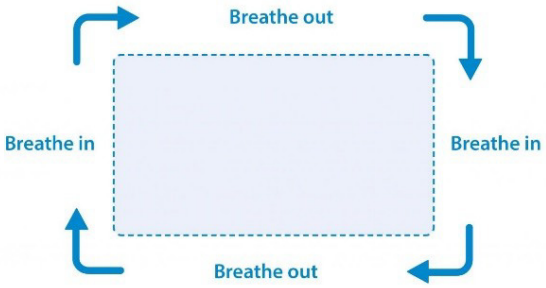
Shortness of breath?

Relaxation breathing can help reduce stress and anxiety. When feeling stressed, taking shallow breaths may help. It is important to use full lung capacity and breathe slowly and deeply. There are lots of relaxation breathing methods that can be effective. For example, you can breathe in through the nose for five seconds and fill your lungs up with air, hold the breath for two seconds, and then breathe out from the mouth for five seconds. It is also helpful to imagine all tension and stress leaving the body with each breath out.

Breathing exercises can be practiced as many times a day as you like. It will help your breathing if you are short of breath doing an activity.

Rectangle breathing technique

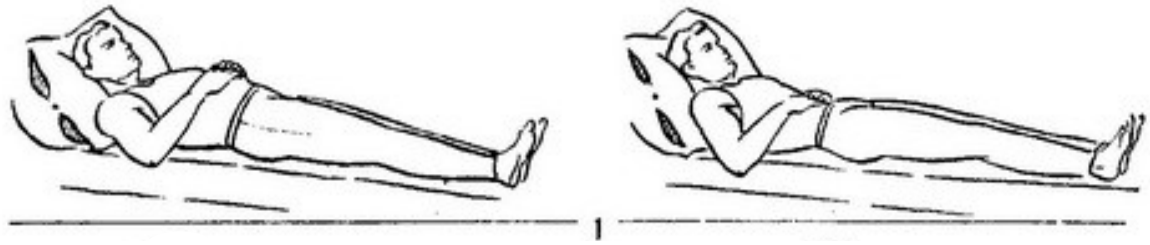
Rectangle breathing can be used to slow down and help control your breathing. Following the arrows around the box can help if you are feeling worried about something and your breathing is hard to control. It is recommended to try breathing in for 4 seconds and out for 6 seconds and continue to repeat this. It maybe you alter the times to suit you.

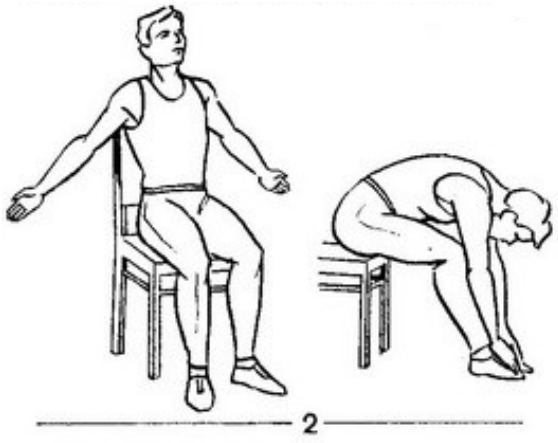


Stretching

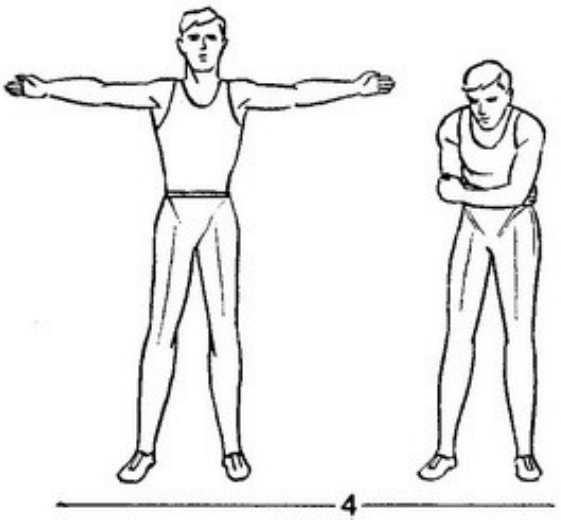
It is important to stretch your upper body daily if possible, this will help movement around your chest and lungs. Stretching will help keep your chest muscles loose and help deep breathing and help any breathlessness you may be feeling.

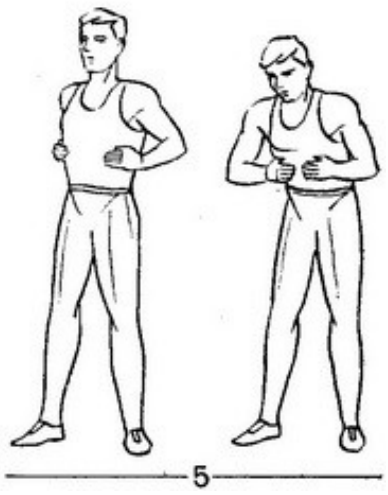
Examples of stretching exercises:











Setting yourself a goal

Setting goals can help be more active.

Goal setting should be SMART:

S – SPECIFIC
What are you going to do?

M – MEASURABLE
How much will you do and how often? Set yourself a realistic target for the week. It is usually better not to plan to do something every day because if something else gets in the way and stops you doing it daily you can feel disappointed that you didn't achieve it.

A – APPROPRIATE
Is it something you want to do? Ask yourself, "how important is it to me to achieve this?".
If it is not very important you are unlikely to prioritise doing it in the week.

R – REALISTIC
You should feel confident that you can achieve your plan on a scale where 0 is no confidence and 10 is complete confidence. Rate how you feel about your plan, if your confidence level is low you may need to adjust your plan to be more realistic.

T -TIME BASED
What days and at what times are best for you?

BORG Scale:

What is a BORG scale? This scale measures your levels of breathlessness. Before you start exercising you shouldn't be more than a 3. During exercising you should be aiming for your breathlessness levels to be between 7-9. If your breathing becomes difficult and you're struggling to talk **STOP** and have a short rest to get your breathing back under control before attempting again.

If you're finding it easy to breath and hold a conversation while exercising you should up the pace/timing as you are not pushing yourself enough.

RPE Scale	Rate of Perceived Exertion
10	**Max Effort Activity** Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	**Very Hard Activity** Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words.
7-8	**Vigorous Activity** Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	**Moderate Activity** Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	**Light Activity** Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	**Very Light Activity** Hardly any exertion, but more than sleeping, watching TV etc.

Setting your goal:

Overall goal: _____

1st week I will:

_____

_____

_____

2nd week I will:

_____

_____

_____

3rd week I will:

_____

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_____

4th week I will:

_____

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5th week I will:

_____

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Keeping note of the small steps you make to be able to achieve your overall goal should help push you to get to your overall goal.

Useful sources of information:

Lung Cancer Nurse Specialist Team, Huddersfield Royal Hospital: 01484 355778

Macmillan Information Centre
Calderdale Royal Hospital 01422 222709
Huddersfield Royal Infirmary 01484 343 614

Macmillan Physical Activity and Cancer booklet
https://be.macmillan.org.uk/be/p-24885-physical-activity-and-cancer.aspx

Cancer Team Secretary
Monday to Friday 8am – 4pm 01484 343490

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS).
0800 013 0018 (PALS) **patientadvice@cht.nhs.uk**

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Royal Hospital
Macmillan Unit
Telephone: 01422 222700

Huddersfield Royal Infirmary
Greenlea Suite Ward 7
Telephone: 01484 343600

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉੱਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"

SMOKEFREE CHFT We are a smoke free Trust. If you need help to quit **yorkshiresmokefree.nhs.uk** can help

CHFT