

First, let's talk about the **benefits of physical activity for cancer**

In the past, it was very common for patients with a chronic illness, such as cancer, to be told to rest or to do less physical activity. Newer research has shown that activity is both safe and helpful for patients during their treatment. There are many ways that physical activity helps you during your cancer treatment.

Activity helps you:

- Build or maintain your strength
- Improve your balance and reduce your risk of falls
- Ease your fatigue and pain
- Lower your risk of heart disease by improving your blood flow
- Improve your self-esteem
- Reduce anxiety and depression
- It may make you less dependent on others for daily tasks.
- It will definitely improve your overall quality of life