

Next, let's look at the **types of physical activity** you can do.

There are many types of physical activity one can do. Each person's exercise program may vary, depending on what is safe and best for them. We recommend that you do something you like doing.

Remember certain things may affect your ability to exercise, such as:

- your type and stage of cancer
- your treatment, and
- your overall strength and endurance.

Each day may feel different. It's OK to adjust your exercise on a day-to-day basis.

The four types of exercise are: aerobic, strengthening, stretching, and balance. Each type has its own benefits.

- **Aerobic exercise** increases your heart rate and breathing. It improves your endurance. It can:
 - improve your blood pressure
 - burn body fat
 - reduce inflammation, and
 - lower blood sugar levels.
 - Examples of aerobic exercise are brisk walking, swimming, and biking.
- **Strengthening exercises** can make you stronger. They can also:
 - improve your blood sugar
 - help you control your weight
 - improve your balance and reduce your risk of falls, and
 - reduce pain in your joints.
 - Strength training will also help you do daily tasks around your house.
 - Examples of strengthening exercises are squats, sit to stands, lunges, or any exercise that involves resistance from a band, dumbbell, or machine.
 - It is important to do strengthening exercises for your arms, legs, and core (abdominals and back)
- **Stretching exercises** help keep you flexible. Stretching can make muscle cramps less likely. It can reduce pain and improve your range of motion. Stretching exercises can hold a stretch in one place for a time, or they can be light repeated motions. Holding stretches up to 60 seconds is ideal. Make sure that you don't push and cause pain.
- **Balance:** Improving your balance will help reduce your risk of falls. Balance problems can result

from muscle weakness, poor vision, or inner ear issues. Balance exercises can help prevent these issues. They may even help reverse them.

- Examples are standing on 1 foot, standing with your eyes closed, or standing with your feet close together on a narrow base of support. We recommend that you hold onto some support when you start. Then you can progress to less support as you become steadier.