

For links to websites about cancer care, information and support, visit our website:  
[www.mariecurie.org.uk/patientsandcarers](http://www.mariecurie.org.uk/patientsandcarers)

## Support us

The services Marie Curie Cancer Care provides are always free to patients and families but we can only continue to do this through the generosity of our supporters. There are many ways to make a difference:

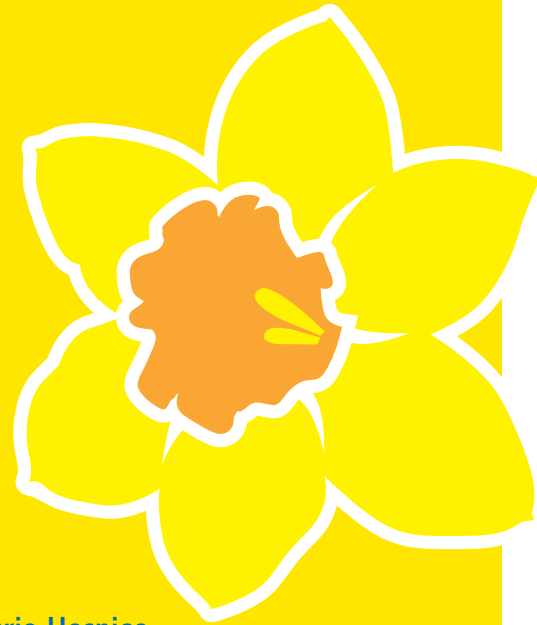
- make a donation
- leave a legacy in your will
- take part in a fundraising event
- volunteer your time for a wide range of activities
- sponsor a Light to Remember
- become a corporate partner

To find out more, phone: **0800 716 146**, visit our website: [www.mariecurie.org.uk](http://www.mariecurie.org.uk) or talk to the hospice fundraiser.

Your local Marie Curie Hospice actively promotes quality of life for people with cancer and other illnesses and provides support for their families, completely free.



# How exercise can help you



Marie Curie Hospice

Regular exercise is important for the body to function correctly. It can also benefit your mental and emotional well-being.

Exercise helps to improve physical functions, which in turn can give you more energy. Regular light exercise such as walking has been shown to:

- improve muscle tone and joint suppleness, which increases physical strength
- improve blood circulation and help to reduce blood pressure
- improve concentration and help you to be more alert
- aid relaxation and sleep
- help improve breathlessness

## How much exercise should I do?

This depends on how fit you are and when you last did any exercise. If you have not exercised for a while, or are not very fit, you will need to allow your body time to adapt. It is better to do little and often in the beginning, to avoid damaging muscles.

Some days you may have more energy than others, so will need to vary how much time you spend exercising in order to avoid over exerting yourself. If you do too much one day, you will feel the effect the next. It is important to find a balance between activity and exercise that is right for you.

If you have a disease that affects the bones, you should take advice from a doctor or physiotherapist before exercising. If in doubt, talk to a nurse or doctor who will be able to give you more information on the type of diseases where extra care is needed.

## What do I need to remember?

Always make sure you drink plenty of water when exercising to reduce the risk of dehydration. Drink a glass of water for every 10 minutes of exercise, in addition to your normal fluid intake.

Try to exercise even when you do not feel like it, but stop if you feel dizzy, faint, nauseous, or experience any new pain. Rest and then try again. If the symptoms continue, stop and seek advice from your doctor.

Exercise does not have to cost money. There are many opportunities for exercise in everyday life such as walking, climbing stairs, gardening, housework and even playing with children.