



The Importance of Exercise



summahealth.org/exercise

Why Do I Need to Exercise?



Those who are physically active tend to live longer, healthier lives. Exercise is important for all of us. It builds strong muscles, a healthy heart, healthy lungs and it helps prevent dementia. It also is a great stress reliever.

Exercise has many benefits, both in the prevention of cancer and for those living with cancer. Exercise is important for cancer prevention and specifically lowers risk of seven common types of cancer: breast, endometrial, kidney, bladder, esophageal, stomach and colon.

Exercise is medicine for all people living with and beyond cancer according to the American Cancer Society, American College of Sports Medicine, the American Physical Therapy Association and the American Society of Clinical Oncology.

Benefits during treatment include improved:

- Fatigue
- Quality of life
- Physical function
- Body composition
- Anxiety
- Depression
- Sleep
- Breast cancer related lymphedema

How to Get Started

The First Step

Before you begin an exercise program, take a fitness test, or substantially increase your level of activity, make sure to answer the following questions.

- Has your doctor ever said that you have a heart condition or that you should participate in physical activity only as recommended by a doctor?
- Do you feel pain in your chest during physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness?
- Do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs for your blood pressure or a heart condition?
- Do you know of any reason you should not participate in physical activity?

If you answered yes to one or more questions, if you are over 40 years of age and have been inactive, or if you are concerned about your health, consult a physician before taking a fitness test or substantially increasing your physical activity. If you answered no to each question, then it's likely that you can safely begin fitness testing and training.

Start Small

Starting an exercise plan can feel daunting, but beginning with small, manageable steps makes it easier to build a sustainable routine. Sometimes it is as simple as moving more. Too much sitting saps your energy and can lead to stiff joints. Keep it simple and set achievable goals. Be sure you track your progress, too.

Get Creative

There are simple things you can do to move more, such as:

- When sitting at your desk at work, stand up every 30 minutes and stretch.
- While on the phone, stand up and walk around.
- Use stairs whenever possible.
- If you can't walk or stand, try seated knee lifts, kicks, foot slides, punches or arm circles.

- Don't take the closest parking spot; park further away to add steps to your day.
- Get off the bus one stop early and walk the rest of the way.
- Rake some leaves.
- Have a dance party in your living room.
- Walk to the mailbox.
- Take up gardening or lawn work.
- If watching TV, stand up during commercials and do simple arm circles.
- Take a walk with your family after dinner each night.

If you are looking for a specific exercise routine, view the next section for some stretches and strength-building exercises to consider. It is important to start small, and gradually build your plan.

Build a Plan

Strength Building Exercises

Strength training builds muscle. Examples include hand weights, resistance bands, weight machines or your own body (for example, kitchen counter push-ups or chair squats). Aim for 2-3 days a week, with a rest day in between.

Aerobic Activity

Aerobic activity increases your heart rate and breathing. Build up to doing 150 minutes per week of moderate-intensity activity (like walking, light cycling, yoga, tai chi or water exercise), 75 minutes per week of vigorous activity (like brisk walking, singles tennis or hiking hills) or a combination of both.

Other Physical Activity

Gently stretch your muscles 2-7 days per week to the point of feeling tightness. Hold for 10-30 seconds. Make sure to stretch specific areas recommended by your healthcare provider. Incorporate ways to improve your balance, such as standing on one foot, walking on a line or using a balance board.

You also can find ways of being active that are just plain fun. Dance to your favorite song. Try yoga or tai chi. Play with your kids or grandkids. Find what makes you smile and do it often.

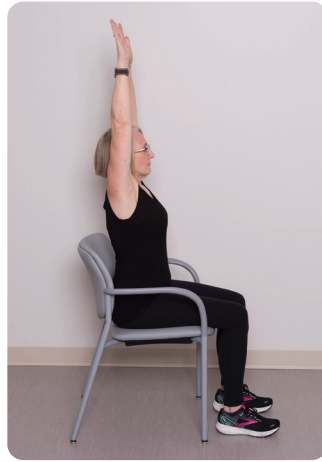
Sample Gentle Exercises

Posture Exercises



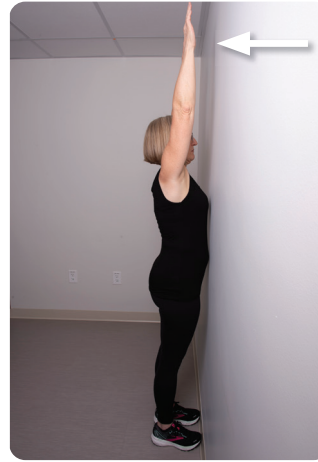
Stand with your heels, back and head against the wall. Be sure not to tilt your head up. Tighten your abdominals and straighten your back as much as possible. Maintain this upright position while tucking your chin and lengthening the back of your neck.

Hold for 5 - 10 seconds.
Perform 2 sets of 10 repetitions



Sit upright on a firm surface with feet on the floor. Lift both arms directly overhead. Alternate extending right then left arm higher and higher as you stretch and reach up.

Perform 2 sets of 10 repetitions



Stand facing the wall, place toes touching wall or as close to as possible, look at the wall like looking into a mirror. Walk fingers up the wall so arms are as close to your head as possible. Keeping elbows straight, lift both arms together off the wall.

Hold for 5 - 10 seconds.
Perform 2 sets of 10 repetitions



Sit upright in a low back rigid chair with feet on the floor. Place hands across chest or behind neck for support. Gently arch trunk backwards over chair to stretch your middle back.

Hold for 3-5 seconds

Slide buttocks forward in the chair and perform again with chair back at different level of mid back.

Repeat 3 - 5 levels. Perform 5 - 10 repetitions at each level

Standing Shoulder Row

Standing Shoulder Row with Anchored Resistance



Setup: Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement: Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip: Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

Perform two sets of 10 daily

Shoulder Extension with Resistance



Setup: Begin in a standing position holding both ends of a resistance band anchored in front of you with your arms straight in front of your body.

Movement: Keeping your elbows straight, pull your hands down toward your hips. You should feel your shoulder blades go down. Return to start and repeat.

Tip: Make sure to maintain good posture during the exercise and do not shrug your shoulders.

Perform two sets of 10 daily

Supine Heel Slides



Lying flat, flex knee while sliding heel toward buttock.

Repeat 10 Times • Complete 3 Sets

Straight Leg Raise



Beginning from lying or sitting position, contract the quadricep while straightening the knee. Hold this contraction while lifting the leg to the height of the opposite knee, which remains bent and planted throughout the exercise.

Repeat 10 Times • Complete 3 Sets

Straight Leg Raise



Lying face down, flex your knee bringing foot toward buttock.

Repeat 10 Times • Complete 3 Sets

The ABCs of Exercise

Attire

1. Wear loose and breathable clothing. This will allow your body's natural cooling system of sweating and evaporation to work.
2. Wear comfortable walking shoes to significantly minimize your chances of being injured.
3. In cooler weather, several layers of clothing provide more insulation than one heavy article of clothing. Also make sure to cover your mouth and nose with a scarf.
4. Carry some form of identification with you when you exercise.

Beware

1. If you experience any of the following symptoms, you should STOP and seek medical attention before continuing with your exercise routine.
 - Chest pain or tightness in the chest
 - Pain in the neck, jaw, arms or teeth
 - Irregular pulse
 - Breathlessness
 - Unusual joint or muscle pain
 - Excessive fatigue or weakness
 - Excessive sweating

2. Avoid extreme temperatures. If it is too hot or too cold, exercise indoors.

3. Avoid hilly terrain; level surfaces require less energy and place less stress on your heart.

4. Climate-controlled environments such as shopping malls are perfect for increasing the length of your walk.

Commitment

1. Establish goals. Short-term goals of 1-2 weeks lead to a higher success rate than long-term goals.
2. Be flexible with yourself. It is OK to miss an exercise session when you know that you will be making it up at a different time. Use reinforcement "rewards" as you establish and meet your goals.





The ABCs of Overcoming Fitness Hurdles

Activity

Choose an activity that you will enjoy (walking, biking, swimming) and that is accessible to most people. Use “toys” such as therabands, hand weights and exercise balls to enhance your workout and add diversity and fun. Utilize music to add enjoyment to your exercise routine.

Buddy System

Select a friend or “buddy” to exercise with. There are statistics showing that people who exercise with a friend are more successful at exercising consistently, probably because you can keep each other motivated and accountable.

Consistency

Select a consistent time for your workout and build the time into your daily schedule. Staying active pays off!

Resources Available

There are a number of resources available to you to help you reach your exercise goals.

Summa Health Wellness Center

Located conveniently in Hudson, the Summa Health Wellness Center offers a wide range of options to fit your individual goals for fitness. Whatever your goals — and whatever your level of fitness — their fitness programs provide you safe, effective workouts in a warm, encouraging environment.

Degreed in exercise-related fields and nationally certified, their trainers are well-qualified to help you set and achieve your goals, regardless of your needs. They'll begin with a baseline fitness assessment and an understanding of your goals, then build you a customized fitness program for the results you want to achieve. Your individualized plan may include one of our many exercise classes or it may include personal training.

Local YMCAs

Local YMCAs typically offer a wide range of exercise and fitness programs, making them a great option for individuals of all ages and fitness levels. They offer fitness classes, gym equipment, free weights, aquatic facilities, sports and recreation and more.

Sports Medicine

Summa Health athletic trainers and exercise physiologists work with athletes, active individuals and teams in various settings, providing a range of services. They can evaluate movement patterns, flexibility and strength to identify injury risks and develop custom injury prevention plans.

Restorative Exercise and Mindfulness Resources



Wellness comes from not just our physical health, but from our mental and emotional states, too. To be healthy and thrive, we must pay attention to all aspects of our well-being.

Scan the QR code to view video resources to help you learn how to maintain balance and improve your overall health. Opportunities include gentle exercise, yoga and mindfulness.



EMMI/UpToDate Videos

Looking for more education? Emmi offers interactive, web-based educational programs designed to help individuals understand and manage their health. **Scan the QR code** to

view several videos for exercise considerations for your specific health needs.

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