

Exercise is movement with a plan, purpose, goal or intention.

Your exercise plan should include a combination of [strength](#), [aerobic](#), [core](#) and [flexibility](#). While it is ideal to get a little bit of each on a weekly basis, you may find that each week looks a little different.

It is recommended to get [150 minutes of moderate intensity](#) or 75 minutes of vigorous exercise each week [including](#) 2x weekly full body resistance training.

150 minutes/week / 7 days
= [22 minutes a day](#)

150 minutes/week / 5 days
= [30 minutes a day](#)

Why not aim for 20 minutes a day?

20 minutes a day, 7 days a week would give you 140 minutes of physical activity per week—that's only 10 minutes shy of the recommendation, and we know some days you have more time, some days less. About 20 minutes – give or take – and you're almost there! Break this up if you need to.

MODERATE INTENSITY

- Makes you feel a little 'breathy'
- Your communication will be shorter sentences taking a breath every 7-10 words
- You will feel: your heart rate will increase, your body will get warmer and you may start to sweat
- Muscles may start to feel tired and they may feel a "burning" sensation

VIGOROUS INTENSITY

- Will likely make you feel more out of breath and you start to breathe through your mouth
- You will not feel like talking while exercising and can say a few words at a time
- You will feel: your heart increase, your body will likely get hotter and a bit sweaty
- Your muscles will feel fatigue and a burning sensation especially in the last few minutes or repetitions

Many movements can be completed as moderate or vigorous by increasing speed, intensity, adding weights or intervals.

LIGHT TO MODERATE

Walking

Squat to chair

MODERATE TO VIGOROUS

Walking hills or increased speed

Bodyweight air squats

VIGOROUS

Jog or run

Weighted squats

Start with your goals!

How do you want to feel after you exercise? Strong? Energetic? Accomplished? Happy? Write down what you want to accomplish in 30 days, 6 months and 1 year. Focus on your “why?”

Identify your barriers to exercising regularly. Write down one way you can overcome each of these barriers.

Access

Knowledge

Motivation

Support

Uncertainty

SAMPLE EXERCISE PROGRAM FOR A BEGINNER

MONDAY (STRENGTH)	TUESDAY (CORE)	WEDNESDAY (AEROBIC)	THURSDAY (STRENGTH)	FRIDAY (CORE)	SATURDAY (STRENGTH)	SUNDAY (AEROBIC)
Chair Sit to Stand <i>2 x 10 reps</i>	Chair March <i>30 seconds work, 30 seconds recovery x 5 rounds</i>	Walk Inside or Outside <i>10 – 15 minutes total</i>	Chair Sit to Stand <i>2 x 10 reps</i>	Chair March <i>30 seconds work, 30 seconds recovery x 5 rounds</i>	Chair Sit to Stand <i>2 x 10 reps</i>	Walk Inside or Outside <i>10 – 15 minutes total</i>
Seated/ Standing Shoulder Press <i>2 x 10 reps</i>	Step Side to Side <i>Use counter for balance if needed 20 total times</i>	Add stairs or carry something like a laundry basket	Seated Shoulder Press <i>2 x 10 reps</i>	Step Side to Side <i>Use counter for balance if needed 20 total times</i>	Seated Shoulder Press <i>2 x 10 reps</i>	Add stairs or carry something like a laundry basket
Countertop Push Ups <i>2 x 10 reps</i>	V-Sit <i>Hold 3 x 30 seconds</i>		Countertop Push Ups <i>2 x 10 reps</i>	V-Sit <i>Hold 3 x 30 seconds</i>	Countertop Push Ups <i>2 x 10 reps</i>	Up down to chair <i>2 x 10 reps</i>

ACSM – Moving Through Cancer

Largest Cancer exercise resource database
www.exerciseismedicine.org/support_page.php/moving-through-cancer/

Maple Tree Cancer Alliance

Community based cancer exercise training and virtual support
www.mapletrerecanceralliance.org

Urban Poling

Nordic pole walking system to provide a fun safe way to get your steps in
urbanpoling.com

WeBuild4Life

Functional fitness individual remote coaching and weight management support
www.webuild4life.org

2Unstoppable

Online and in-person fitness community for women impacted by cancer. Virtual buddy system for fun and accountability <https://2unstoppable.org/>



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