



**BRIGHTER
OUTLOOK**

Activity through and after cancer



**Albion in the
Community**

NHS

Brighton and Hove
Clinical Commissioning Group

NHS

Surrey and Sussex
Cancer Alliance

NHS

East Sussex
Clinical Commissioning Group



Brighter Outlook: Keeping active through and beyond Prostate Cancer

Rosie Sadler – Cancer Activity Project Coordinator
January 2021

“A Wonder Drug”

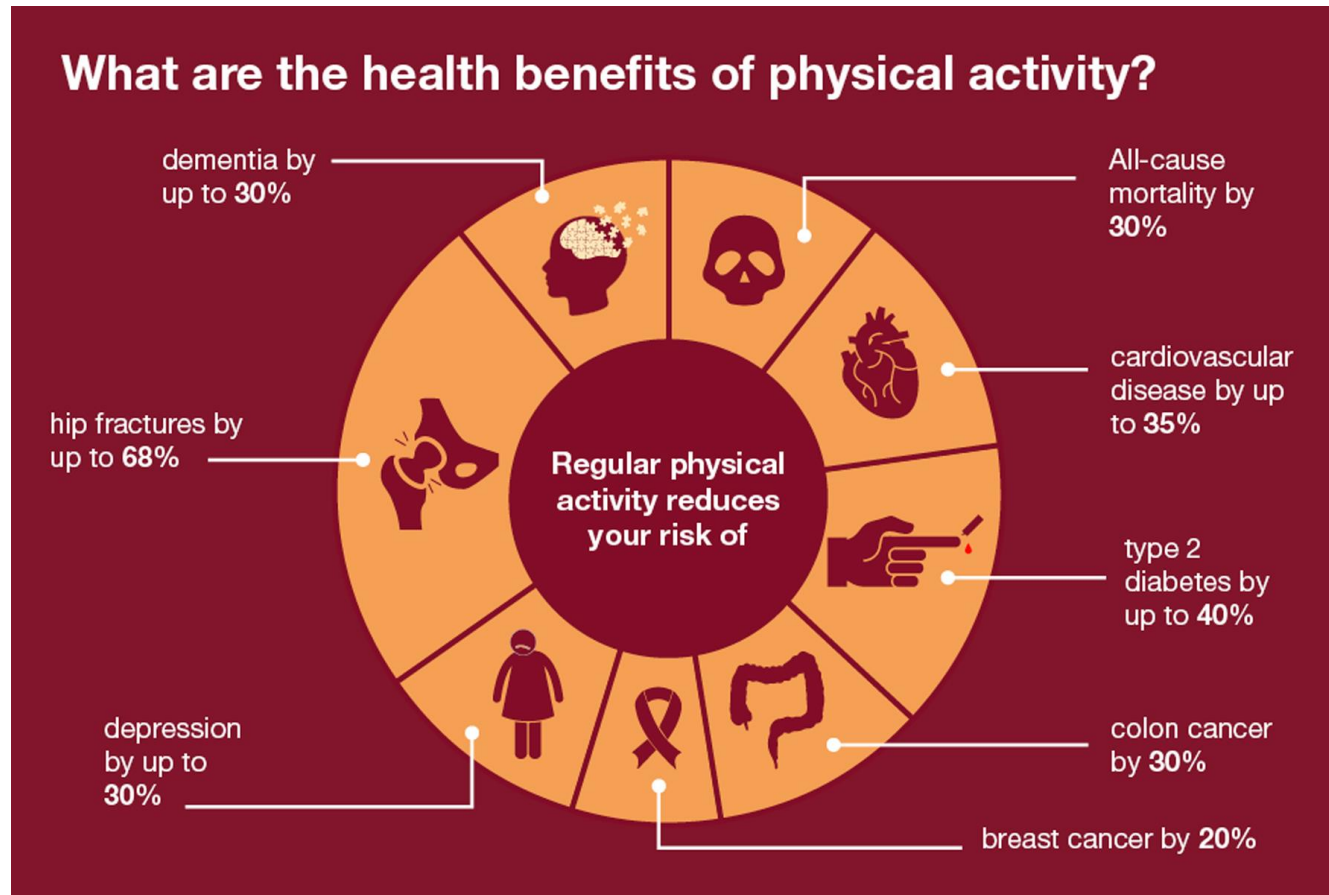


If we had a pill that conferred all the confirmed health benefits of exercise, would we not do everything humanly possible to see to it that everyone had access to this wonder drug? Would it not be the most prescribed pill in the history of mankind?

Robert E. Sallis 2009; Br J Sports Med 43(1), 3-4.

Why should we all move?

Physical activity is **ESSENTIAL** for our wellbeing, vitality and quality of life



Quick wins!



Rest is not best



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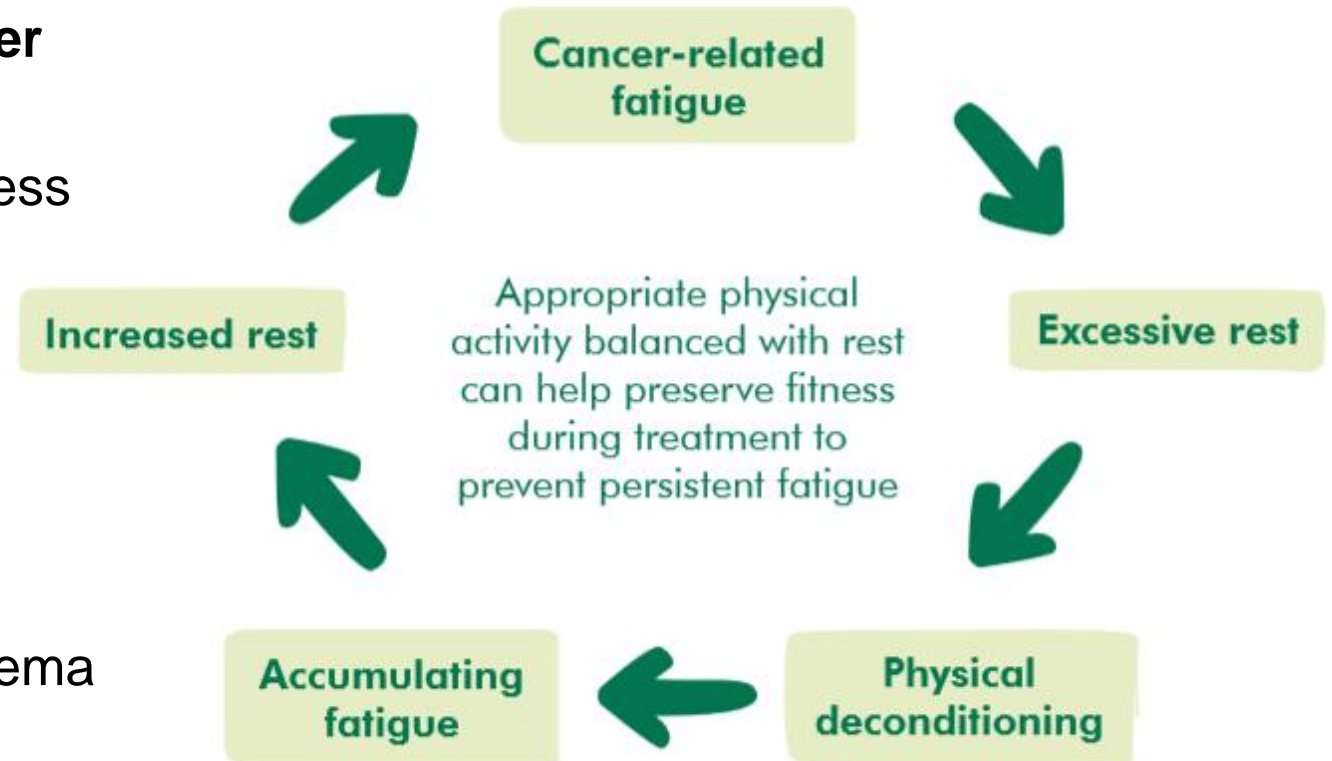
Physical activity and cancer



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Research shows that keeping active, even lower amounts of exercise during and after treatment for prostate cancer can:

- Improve cancer-related fatigue and tiredness
- Reduce hormone/metabolic dysfunction
- Help sexual function
- Improve cognitive function
- Reduce post operative complications
- Reduce your risk of developing lymphoedema
- Reduce anxiety and depression
- Helps you feel in control



Improves your quality of life



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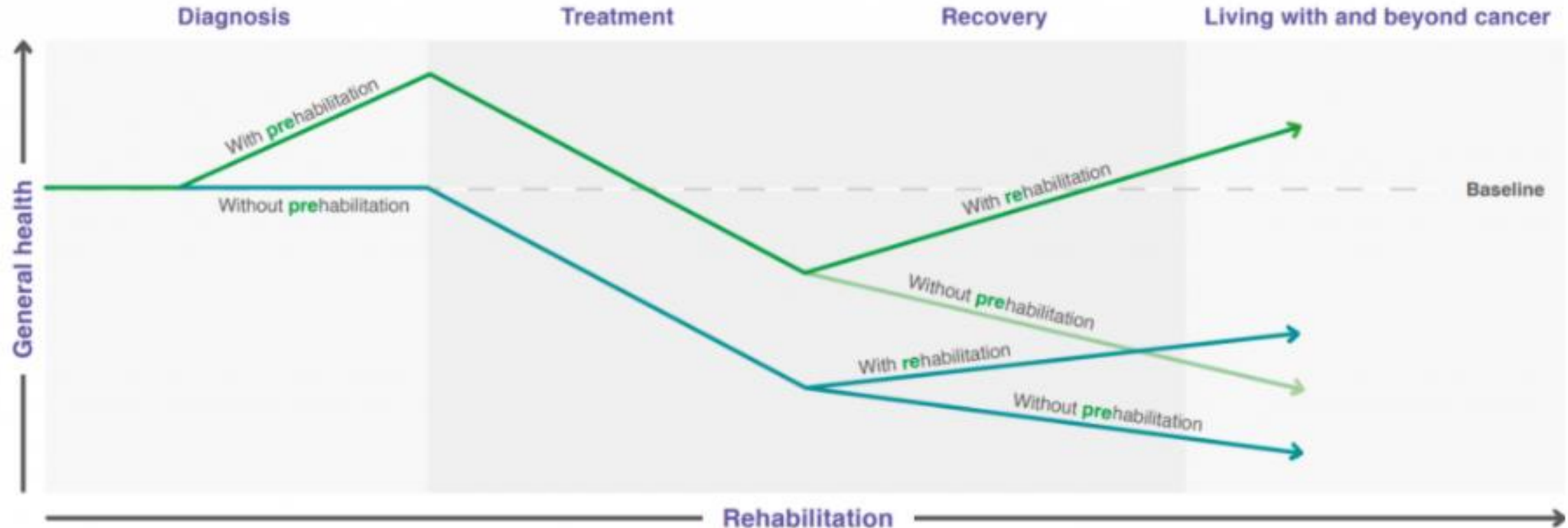


Preparedness for treatment



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IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS



What counts?

Physical activity is any body movement that works your muscles and requires more energy than resting

Any activity is good!

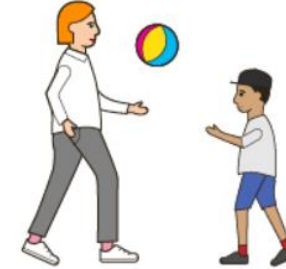
- **Aerobic** activities
- **Resistance**/muscle-strengthening activities
- **Balance** exercises
- Try to **sit less**

Find something you **enjoy!**

Brisk walking



Family games



Household chores



Swimming and water aerobics



Dancing



Some types of yoga and pilates



Gardening e.g. digging with a spade or fork



Cycling



Sports e.g. football, running and tennis



How much should I do?

Be active

Keep your heart and mind healthy

Build strength

Strengthen muscles,
bones and joints

Improve balance

Reduce your
risk of falling

How often?

150

minutes
of moderate
activity a week

or

75

minutes
of vigorous
activity a week

2

days a week

2

days a week

- Make a start today, its never too late
- Start small and build up
- Some is good, more is better
- Every minute counts

Let start today!



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Here is a simple resistance circuit that you can do at home.

Warm up

Legs/glutes

Sit to stand from a chair > *squat*

Chest

Chest press/*press up* (*air* > *wall* > *counter* > *step* > *knees* > *full*)

Calves

Calf raises (*seated* > *standing*)

Shoulders

Shoulder press (*no weights* > *with weights*)

Quads

Seated leg extension

Back

Seated row > *Bent over row*

Biceps

Bicep curls (*no weights* > *with weights*)

Cool down and stretches

- 10 repetitions of each exercise
- Repeat circuit 2-3 times
- Use water bottles, tins of food, or light weights for resistance

*please note, this is not designed for anyone's particular health status, fitness level or diagnosis therefore please be mindful of your own limitations and take part at your own risk

Exercising safely



- Be careful to avoid activities where you could fall, especially if you're on hormone therapy or your cancer has spread to the bones as you're more likely to break a bone if you fall
- Wear clothing and trainers that fit properly, and don't exercise on uneven surfaces, to avoid tripping over
- Make sure you drink enough water
- If you're overweight or have heart problems, check with your doctor or nurse what type of exercise is safe for you
- Avoid heavy exercise 4-6 weeks after surgery, gentle-moderate activity and movement such as walking is fine, and build up from there when you are ready
- If you have Covid-19 or any other virus, do not exercise until you are better
- Don't exercise if you feel unwell, or have any pain, sickness or other unusual symptoms. Stop if you get any of these while exercising.

How to start, and not stop!



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Make it part of your lifestyle

- Make some simple changes i.e. take the stairs instead of lift, standing whilst on a call
- Get some fresh air and active travel
- Make a routine/habit/plan and stick to it
- Listen to your body and pace yourself

Set goals that are right for you

- Record an activity diary and track your progress
- Start small and build up
- SMART goals (Specific, Measureable, Achievable, Relevant, Time-bound)
- Recognize your barriers and plan ways to overcome them
- Do what you enjoy or try something new

Get support

- Specialist tailored support (i.e. from Brighter Outlook coaches)
- Family and friends
- Join groups, local support and online activities/videos
- Use Apps to keep you motivated

Brighter Outlook



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Must be:

- Over 18 years of age
- Have a cancer diagnosis
- Live in Sussex
- Safe to exercise
- Willing to take part

Self-referral
or referral
from health
professional

Initial
appointment
with specialist
CanRehab
Physical
Activity
Coach

Opportunity to
attend free
CanRehab
classes (online or
face-to-face) or a
personalised
exercise
programme

Signposting to
local activities
and support

Ongoing
behavior
change
support at 3, 6
and 12 months



Case Study



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Richard was diagnosed with prostate cancer when he was 62. At the start of this year, he finished his three monthly hormone injection treatments, which he had had been having for three years.

*“Four years of different cancer treatments, including surgery, had left me overweight, unfit, tired, and I worried for my health as climbing stairs were becoming a serious exercise so **I had to do something**.*

*“**The Brighter Outlook sessions have turned my life around.** I have gone from one class a week to daily exercise and I have now branched out into Yoga.*

*“I look forward to each class and they **give me structure to my day**. Before I would easily tire whereas now I can't get enough! I have a much more supple body, a greater reach and far **less aches and pains**. Exercise and changing my diet has helped me to lose two and a half stone and I intend to continue exercising and keep my weight down.*

*“My advice to anyone is that you are **never too old**, or set in your ways where you think it would be impossible, **to start a new healthy direction in life**. Dip your toe in the water the benefits are great!”*



Brighter Outlook

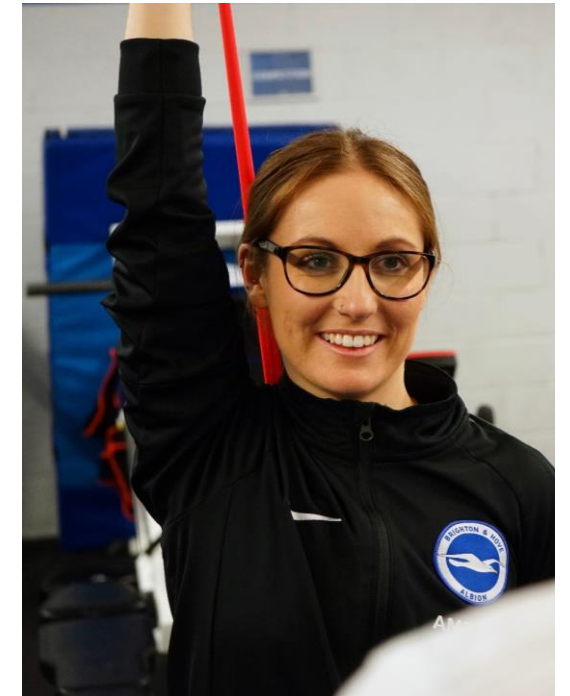


To get support from the Brighter Outlook coaches and to join the programme for free:

Visit: <https://www.albioninthecommunity.org.uk/brighter-outlook>

Call: 01273 668591

Email: brighteroutlook@albioninthecommunity.org.uk



Other support





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of the Central Sussex Commissioning Alliance



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Thank you for listening

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