

Mayo Clinic Minute

Updated exercise guidelines for cancer patients, survivors

Video	Audio
	Cancer treatment takes a toll on the body. Regular exercise helps to mitigate some of the side effects that can come with cancer treatment and diagnosis.
Edward Laskowski, M.D. Physical Medicine and Rehabilitation Mayo Clinic	"It helps us feel less anxious. It helps us feel less depressed. One of the key side effects of some cancer treatment is on the heart, and exercise has tremendous benefit for the heart."
	Updated exercise guidelines for cancer patients and survivors suggest 30 minutes of exercise three times per week, with resistance training, for a total of 90 minutes of aerobic activity. That's less than the 150 minutes a week recommended for the general population.
Dr. Laskowski	"The principle of the guidelines being a little less for cancer patients is any movement is good movement and cumulative movement throughout the day is very beneficial."
	Exercise not only improve survival rates in patients undergoing treatment, it can help prevent seven different kinds of cancers, including colon and breast.
Dr. Laskowski	"Exercise is medicine whether you're a cancer patient, a cancer survivor or an able-bodied individual, and the more movement we have throughout our day, the better our health."
	For the Mayo Clinic News Network, I'm