Physical activity and cancer: What are we doing to help people to move more?
Reduces the consequences of treatment

Reduces co-morbidities

Reduces Disease Progression

Decreases mortality

Decreases recurrence

Martin, 45, bowel cancer, post-treatment advanced

Fear of pain or injury
Reduced confidence
Not sure what right level would be

Doesn’t want to worry family
Friends/acquaintances perceive him as frail – discourage activity

Surgery on core muscles – unsafe, all exercises use core

Afraid of public spaces: people will ask too many questions at old gym; fear of using a public pool

Never told about physical activity and cancer

Vanity, strength and competition
Achievement and visible results
Overturning resentment

Wife and daughter support activity so Martin feels normal

Family develops a routine during chemo – cycles, habits, plans

Has small weights at home

VERY ACTIVE

INACTIVE
Martin, 45, bowel cancer, post-treatment advanced

- Specific information about what he can do safely
- Messaging about benefits of physical activity and cancer for both Martin and family – quality of life
- Wants to talk about this with others who have had similar cancer journey and treatment
- Interested in getting active at home

- Record his, and family achievements on wall chart
- Online community
- Ask the expert
- Pedometer
Izzy, 19, Melanoma, survivorship

Suffering from depression
loss of confidence
Feeling vulnerable

Don’t want anyone to notice she is unwell/see her scar and then will have to tell her cancer story

Paranoid about stretching scar
Can’t lift heavy things

Motivated by mental health benefits
Feeling good and losing weight

Don’t want to miss out spending time with friends

Had information about Macmillan walks but didn’t want to go alone

You get paranoid, you don't want to do you anything... don't want to put yourself through anything else so you kinda restrain yourself, to be dead careful."

Only told not to stretch the scar and not to move for a week – nothing else
Izzy, 19, Melanoma, survivorship

- Needs to be told it’s ok to be active after period of rest
- Wants to do activity with others who have had similar cancer journey – who also have scars
- Support to tackle depression and low confidence
- Activities where she can bring a family member along

Extended brief intervention 30–60 minutes

Local physical activity opportunities

Ongoing behaviour change support service
A socio ecological approach: influencing all stakeholders simultaneously

Macmillan’s ambition is to ensure that all people living with and beyond cancer are aware of the benefits of physical activity and are enabled to choose to become and to stay active at a level that’s right for them.
Any questions?

physicalactivity@macmillan.org.uk

www.macmillan.org.uk/movemore
www.macmillan.org.uk/wonderdrug
@MacMoveMove