

Physical activity and cancer:
What are we doing to help
people to move more?

October 2016

**WE ARE
MACMILLAN.
CANCER SUPPORT**



**Reduces the
consequences
of treatment**



**Reduces
co-morbidities**



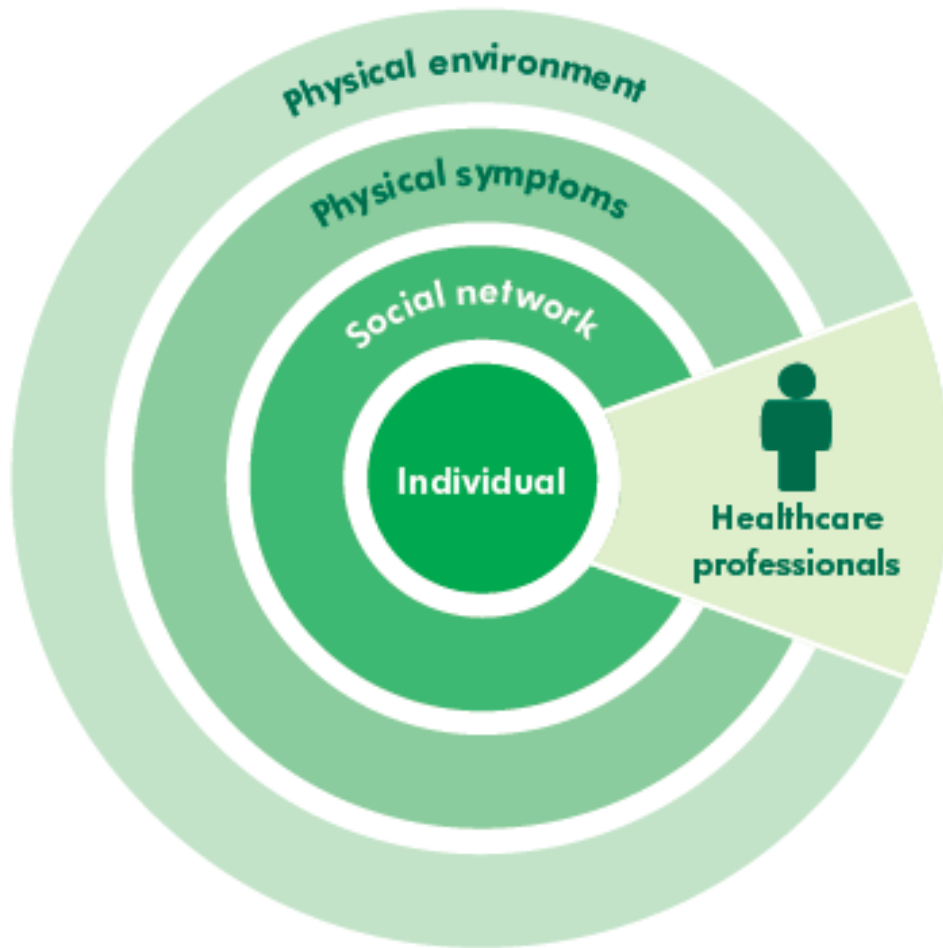
**Reduces
Disease
Progression**



**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



Vanity, strength and competition
Achievement and visible results
Overturning resentment

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



Wife and daughter support activity so Martin feels normal

Surgery on core muscles – unsafe, all exercises use core



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

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



Has small weights at home

Never told about physical activity and cancer





Martin, 45, bowel cancer, post-treatment advanced



VERY ACTIVE



INACTIVE



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



MOVE MORE DVD

An activity DVD for people living with and after cancer

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



Izzy, 19, Melanoma, survivorship



ACTIVE



INACTIVE

Suffering from depression
loss of confidence
Feeling vulnerable



Motivated by mental health benefits
Feeling good and losing weight

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



Don't want to miss out spending time with friends

Paranoid about stretching scar
Can't lift heavy things



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



Only told not to stretch the scar and not to move for a week – nothing else



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."



Izzy, 19, Melanoma, survivorship



ACTIVE



INACTIVE



Extended brief intervention
30-60 minutes



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



Local physical activity opportunities



Ongoing behaviour change support service



Any questions?

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www.macmillan.org.uk/movemore

www.macmillan.org.uk/wonderdrug

@MacMoveMove

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