

Tips

Physiotherapy

Physiotherapists offer group courses on the subject of "Cancer and sport". The costs are covered by your health insurance. For more information, contact the cancer league in your canton.

Psycho-oncology support

The stress caused by your illness may prevent you from engaging in regular physical activity. Psycho-oncologists can help you stay or become physically active despite the stress. Your treatment team or doctor can recommend a psycho-oncologist.

Find psycho-oncological support: «<https://www.psychoonkologie.ch>»

Further information on this topic

The Swiss Cancer League provides information on physical activity through brochures and additional information on its website;

- Brochure «Physical activity and cancer»
- Information sheet «Oncology rehabilitation»
- Information sheet «Physical activity for people with cancer»

Staying active

Good to know




Physical activity can have a positive influence on quality of life during and after cancer treatment. Regular physical activity reduces fatigue and improves performance and muscle strength.

Even if you weren't sporty before cancer, you can incorporate suitable physical activities into your schedule during and after cancer treatment. To stay physically active on a regular basis, look for activities that make you feel good and give you pleasure. Choose activities that you can integrate easily and sustainably into your daily routine.

Talk to your treatment team or a physiotherapist about the physical activities that are right for you. Specialists in sports therapy or sports science can also advise and support you in practising physical activities.



Staying active

You feel...	Or you notice...	What you can do for yourself...
	<ul style="list-style-type: none"> • You have minimal physical restrictions • You are physically active for at least 2 to 3 hours a week (e.g. aqua fit, swimming, yoga, Nordic walking, hiking, cycling, etc.) • You sometimes lack motivation for physical activity 	<p><u>Plan your daily physical activities:</u></p> <ul style="list-style-type: none"> • Walk rather than take the bus or car. • Use the stairs rather than the lift. • Take a walk every day and gradually extend your walks • Avoid long periods of inactivity on a daily basis (e.g. sitting for several hours) <p><u>Engage in physical activity with others:</u></p> <ul style="list-style-type: none"> • Join a sports group. Your regional or cantonal «Cancer League» can point you in the direction of sports groups in your area. <p><u>Do sport on your own:</u></p> <ul style="list-style-type: none"> • Find a sports association or fitness centre near you for regular physical activity.
	<ul style="list-style-type: none"> • You feel limited in your physical activities • You are physically active for less than 2-3 hours a week • You reduce your usual physical activity in terms of endurance and intensity 	<p>Talk to your treatment team or your family doctor. Ask for a prescription for physiotherapy.</p> <ul style="list-style-type: none"> • The physiotherapist can draw up a training plan tailored to your daily routine. • Remain physically active all the same: <ul style="list-style-type: none"> ◦ Walk short distances every day ◦ Use short staircases • Adapt your activities within the sports group, switching to less strenuous activities (e.g. Thai chi, slower running, yoga, etc)
	<ul style="list-style-type: none"> • You have significant and recent physical limitations that prevent you from being physically active 	<ul style="list-style-type: none"> • Contact the treatment team.