

Tips

Physiotherapy

Physiotherapists offer group courses on the subject of "Cancer and sport". Your health insurance will cover the costs. For more information, contact the Cancer League in your canton.

Psycho-oncology support

If you feel bad, you might find it hard to do regular exercise. Talking to a psychologist specializing in cancer can help you stay or become physically active even when you are stressed. Your healthcare team or doctor can recommend you such a psychologist specialized for cancer.

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 make you feel better during and after cancer treatment. Regular exercise reduces fatigue and improves performance and muscle strength.

Even if you weren't sporty before cancer, you can include suitable physical activities in your schedule during and after cancer treatment. To make sure you keep active, do things that make you feel good and give you pleasure. Choose activities that you can easily add to your daily routine.

Talk to your healthcare team or a physiotherapist about which exercises are right for you. If you need advice or support, you can also get help from experts in sports therapy or sports science.



Staying active

You feel...	Or you notice...	What you can do for yourself...
	- You have little to no physical limitations - You are physically active for at least 2 to 3 hours a week (e.g. aqua fit, swimming, yoga, Nordic walking, hiking, cycling, etc.) - Sometimes you don't feel like doing exercises	<u>Plan your daily physical activities:</u> - Walk instead of taking the bus or car. Use the stairs instead of the lift. - Go for a walk every day and gradually make it longer. - Try not to sit down for several hours at a time <u>Do sports and other exercises with other people:</u> - Join a sports group. Your regional or cantonal «Cancer League» can tell you about sports groups in your area. <u>Do sport on your own:</u> - Find a sports club or gym near you to get regular exercise.
	- You feel like you can't do as much physical activity as you would like to - You are physically active for less than 2-3 hours a week - You do less intense and less demanding exercise than you are used to	Talk to your healthcare team or your family doctor. Ask for a prescription for physiotherapy. - The physiotherapist can draw up a training plan tailored to your daily routine. - Remain physically active all the same: - Walk short distances everyday - Use short staircases - Change the activities you do in a sports group to less tiring ones (like Thai chi, slower running, and yoga).
	You have some serious health problems; these stop you from doing sports and other physical activities	Contact the healthcare team.