

# #SETgoMove!

## Survivors Exercise Together: The Benefits of Movement during COVID

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# Outline

- Discuss the goals of [#SETgoMove!](#)
- Review physical activity guidelines for cancer survivors
- Discuss ways to be active at home and survivor-specific precautions
- Review the physical and mental benefits of physical activity
- Discuss benefits of yoga for cancer survivors
- Launch [#SETgoMove!](#)

# #SETgoMove! Goals

- ❑ Encourage survivors of gynecologic cancers to be physically active to improve their physical and mental health
- ❑ Create a social network for survivors to receive support from each other and the gynecologic oncology community

# CANCER SURVIVOR PHYSICAL ACTIVITY GUIDELINES



[Berniesiefelmd.com](http://Berniesiefelmd.com)

# ASCO Physical Activity Guide

- **Be regularly active**
  - at least **150 minutes of moderate activity** OR
  - at least **75 minutes of vigorous activity** per week
  - It is best to spread these activities throughout the week
- **Include strength training**
  - Lift weights and do other muscle-building exercise (such as resistance bands) at least **2 days** a week

# ASCO Physical Activity Guide

- **Start slow**
  - If you are just starting to exercise, slowly increase how long and hard you workout
  - Keep increasing your time until you reach **30 minutes of activity per day**
- **Short sessions help**
  - **Short periods of exercise** are helpful if you are too tired or don't have time for a long session
  - The health benefits of several short, **10-minute** segments are similar to those of 1 longer exercise session
- **Avoid inactivity**
  - **Any** type of physical activity or movement can be helpful!
  - Studies show that spending most of your time sitting can increase the risk for some cancers

# Activity Levels

## Light Activity

- Not exerting yourself (not short of breath)
- Not sitting, standing or laying
- Examples: slow walk, household chores (dishes, making the bed)

## Moderate Activity

- Breathing like you are walking fast
- Able to talk, but not sing during the activity
- Examples: dancing, gardening, canoeing

## Vigorous Activity

- Breathing heavily
- Can say a few words but then need to pause for a breath before continuing
- Examples: jogging, jump roping, and swimming



# Tips for Success

## General Recommendations

- Schedule **10-minute** walking breaks throughout the day
- Wear a **pedometer** every day and try to increase the number of daily steps



## At Home Movements

- Walk around the neighborhood after dinner
- Ride a bike
- Mow the grass, or rake the leaves instead of using a blower
- Weed the garden
- Wash and wax the car
- Scrub the bathroom

# Precautions



- If multiple or uncontrolled **comorbidities (health conditions)**, consider exercise modifications after talking with your physician.
- If severe **anemia**, delay exercise, other than activities of daily living, until the anemia is improved.
- If severe **fatigue**, consider 10 minutes/day of light exercises.
- If undergoing **radiation**, avoid chlorine exposure to irradiated skin (eg, swimming pools).
- If significant **numbness or tingling in your arms or legs**, be aware of a possible weakness or loss of balance. Try a stationary reclining bicycle, rather than walking on a treadmill.
- If **catheters** or **feeding tubes**, be cautious or avoid pool, lake, or ocean water that may result in infections, as well as resistance training of muscles in the area of the catheter to avoid dislodgment.

# Physical and Mental Benefits of Physical Activity

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# Benefits of Exercise

- Multiple factors impact the health of gynecologic cancer survivors
  - Treatment effects – chemotherapy, surgery, radiation
  - Age
  - Other medical conditions
- These can lead to: pain, weakness, fatigue, inability to perform self-care activities, anxiety, depression...
- Exercise has many physical AND mental health benefits!

# Physical Benefits of Exercise



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- Improvements in:
  - Heart and lung health
  - Muscle strength
  - Endurance
  - Body composition (less fat, more muscle)
  - Balance
  - Bone health
- Reduction in comorbid conditions (such as diabetes and hypertension)

# Physical Benefits of Exercise

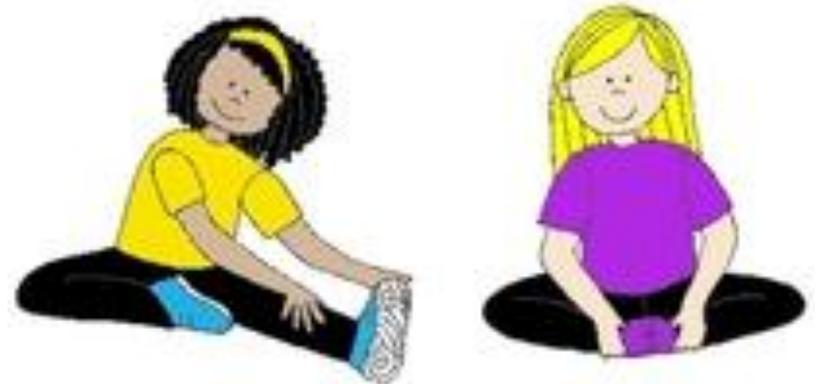
- Overall improved physical functioning (i.e. mobility, self-care)
- Better cancer survival in multiple different types of cancer
- **Ovarian cancer survivors**
  - Reduced risk of cancer recurrence and overall mortality
- **Endometrial cancer survivors**
  - Weight loss may improve overall survival
- **Cervical cancer survivors**
  - Decreased fatigue



# Mental Benefits of Exercise

Survivors who exercise are MORE likely to have:

- Higher self-esteem
- Feel happier
- Better quality of life



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# Mental Benefits of Exercise

Survivors who exercise are LESS likely to have:

- Fatigue
- Psychosocial distress
- Depression
- Anxiety



# Yoga for cancer survivors

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Presentation for: Ready SET GO!

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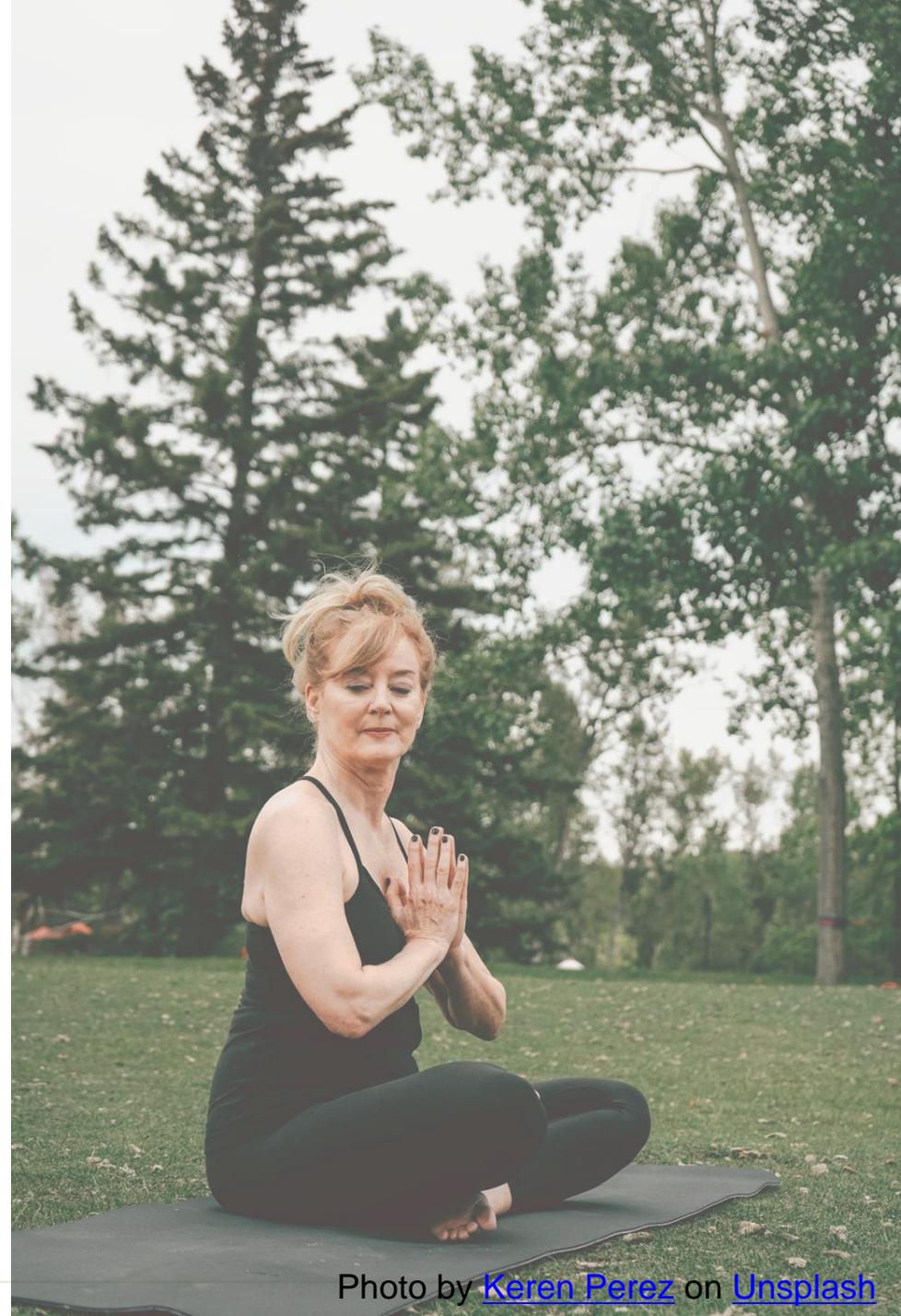
# 3 COMPONENTS OF YOGA CLASS FOR PUBLIC HEALTH

| Yoga kernel / core element | Sanskrit  | Brief overview of benefits                            | Example   |
|----------------------------|-----------|---|---|
| Postures                   | Asana     | Physical practice, physical                           | Shapes, flows, movement such as “Warrior I or Virabhadrasana I”       |
| Breathing                  | Pranayama | The connection between breath, the mind, and emotions | Belly breathing has been shown to help manage acute stress            |
| Meditation                 | Dhyana    | Meditate: to engage in contemplation or reflection    | Can be practiced within a class or outside a class in any environment |

## Experiential learning

Belly breathing, moving in  
6 directions of the spine,  
scalp massage, grounding

Free, easy access/easy  
training techniques



# #SETgoMove!

<https://www.foundationforwomenscancer.org/>



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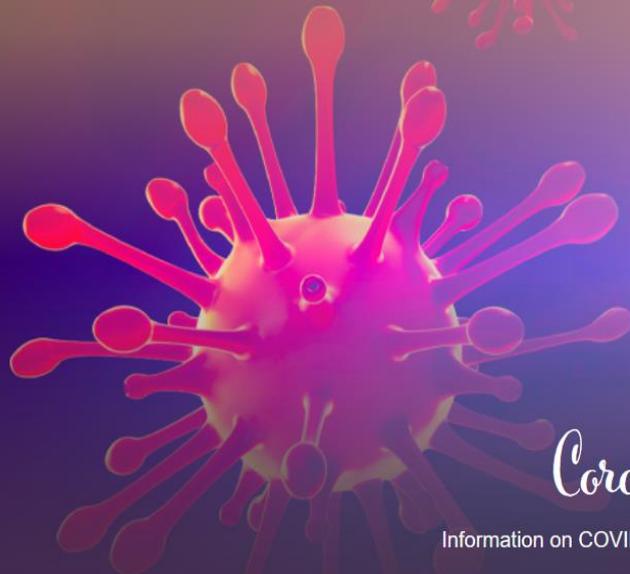
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## Coronavirus Resources

Information on COVID-19 for persons impacted by gynecologic cancers.

[Learn More](#)

# #SETgoMove!

- Upcoming video segments (4-5 minutes in duration)
  - Warm-up
  - Arms
  - Back
  - Legs
  - Shoulders- strength
  - Shoulders- stretching
- PDF containing electronic physical activity resources



# 5 MINUTE FULL BODY SESSION

# Share your favorite home-based exercise or encouragement!

- Post your video or picture with our hashtag:  
**#SETgoMOVE**

