

Secondary Breast Cancer Patient Summit - Satellite Programme - Exercise

Q&A

- Q: Do you have any advice for beginning strength training?
 - A: You may find this series of 'CancerFit' videos helpful in getting started with strength training. The guidance is to start low, and build up over time. Generally 3kg is considered the maximum for people with bone metastasis.
- Q: What if I'm scared of doing harm?
 - A: Start small. Even 5-10 minutes of gentle movement is a great starting point which you can then start to build from as your confidence grows. If you are nervous, seek clinical or expert guidance to get advice about what is safe and appropriate for you.
- Q: Is static cycling safe to do?
 - A: Whilst we cannot comment on individual cases, static cycling can be safe and beneficial for people living with secondary breast cancer. We recommend checking with your clinical team or a cancer exercise specialist before starting something new, to understand if this type of exercise is suitable for you or if there are any areas of concern, such as sites of bone metastasis.
- Q: Is HIIT safe to do?
 - A: Whilst we cannot comment on individual cases, HIIT can be safe and beneficial for people living with secondary breast cancer. We recommend checking with your clinical team or a cancer exercise specialist before starting something new, to understand if this type of exercise is suitable for you or if there are any areas of concern, such as sites of bone metastasis.
- Q: How much exercise is enough to make a difference?
 - A:
- Q: Does pilates count as resistance?
 - A:
- Q: What types of exercise are recommended during chemotherapy?
 - A:
- Q: What types of exercise are appropriate for people with breathlessness?
 - A:
- Q: Is there a list of cancer rehab exercise specialists?
 - A:
- Q: How can I access the Safe Fit trial?
 - A: This clinical trial is now closed.