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# Exercise

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How to be more physically active through the week.

## Moderate Intensity Activities

These activities are similar to the intensity level of a brisk walk and it is recommended that adults participate in these types of activities for at least 2.5 hours a week. Examples include:

- Home activities: vacuuming, yard work, mowing the lawn.
- Exercise leisure: walking, dancing, light cycling, skating, horseback riding, canoeing.
- Sports: skiing, golfing, volleyball, softball, badminton.

## Vigorous Intensity Activities

These activities usually require large muscle groups, cause an increased heart and breathing rate, and will produce sweating. Adults should participate in these types of activities for at least 1.5 hours a week. Examples include:

- Home activities: digging, masonry, carpentry.
- Exercise leisure: jogging or running, heavy cycling, weight training, swimming, and martial arts.
- Sports: soccer, hockey, racquetball, and basketball.

Remember to always check with your healthcare team before starting any exercise programs as the type of exercise you are able to participate in will depend on where you are in your lymphoma experience, how long it has been since treatment, your age, and other health factors.

## References:

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