



Motivation to Exercise

Exercise – Tips on how to get started:

- Wear a pedometer to track your number of daily steps.
- If you plan to return to work or school, try walking, cycling, or roller-blading as part of your daily commute.
- Try taking the stairs over using the elevator or escalator.
- Start a lunchtime activity club at your work, school, or neighbourhood.
- Stretch throughout the day to relieve tension from sitting for long periods of time.
- Walk to a friend, classmate, or co-worker's home or office to talk to them rather than doing so by phone or email.
- Swap 30 minutes of television or internet time for a 30-minute walk each day.
- Use an exercise machine while watching television.
- Instead of watching your kids play tag, soccer, or other sports, join them.
- Turn social events into physical activity (eg, instead of watching a movie, go to the park to walk, run, or play Frisbee).
- Join a local sports team.
- Set a goal and make a plan – pick a time and a place, and get active.
- Be accountable – book a date with a friend to keep on track and stay motivated.
- Find other lymphoma or cancer survivors who share the same physical activity interests in your area.

References:

Canadian Cancer Society. Physical Activity.
Accessed May 22, 2014.

Mayo Clinic. Cancer survivors: Care for your body after treatment.
Accessed May 22, 2014.

Kushi LH, Doyle C, McCullough M, et al. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention. *Ca Cancer J Clin.* 2012;62:30–67.