



Trail Map to Resilience

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380.330

187.170

154.360

18.920

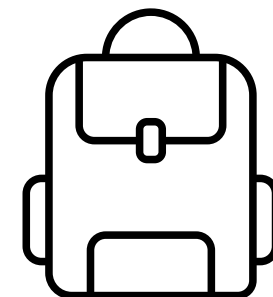
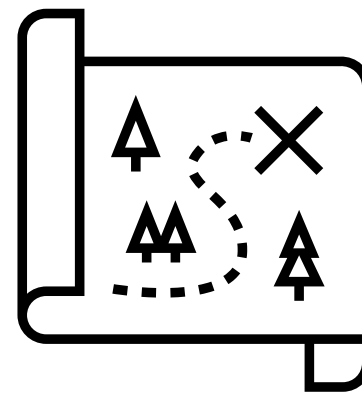


Resilience:

Ability of an elastic material (such as rubber) to absorb energy (such as from a blow) and release that energy as it springs back to its original shape



Preparation
Pacing
Perspective



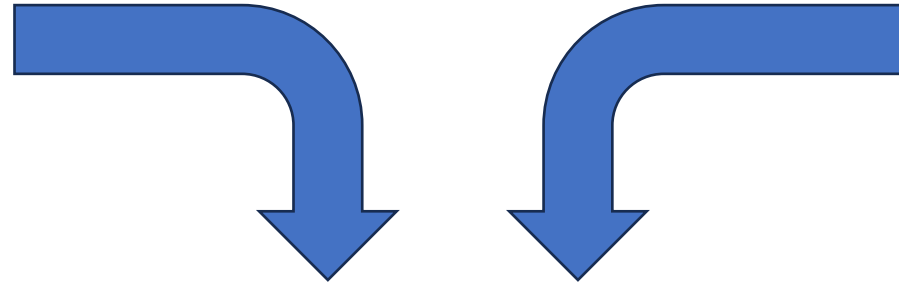


Preparation



Psychological

- Your lived experiences
 - Prior challenges
- Coping skills
- Mindset
- Determination



Physical

- Strength
- Flexibility
- Aerobic fitness
- Stamina



~~BEDREST~~



The Invalid (c. 1870), painting by [Louis Lang](#) in the [Brooklyn Museum](#)

2022 Exercise, Diet, and Weight Management During Cancer Treatment: ASCO Guideline

- Oncology providers should recommend aerobic and resistance exercise during active treatment to mitigate side effects of cancer treatment



FOR PEOPLE DURING & FOLLOWING CANCER TREATMENT

Research shows lower amounts of exercise can still help with the following cancer treatment-related symptoms:



Cancer-related fatigue



Health-related quality of life



Physical function



Anxiety



Depression



Sleep



Lymphedema²



Bone health³

To improve these symptoms, choose an exercise plan below:



Aerobic Exercise

3x per week
30–60 mins

Helps to manage the following symptoms:



OR



Resistance Exercise

2x per week
2 sets/8–15 reps

Helps to manage the following symptoms:



OR



Aerobic Exercise

2-3x per week
20–40 mins

Helps to manage the following symptoms:



“Exercise Prescription” --> Personalized and Pragmatic

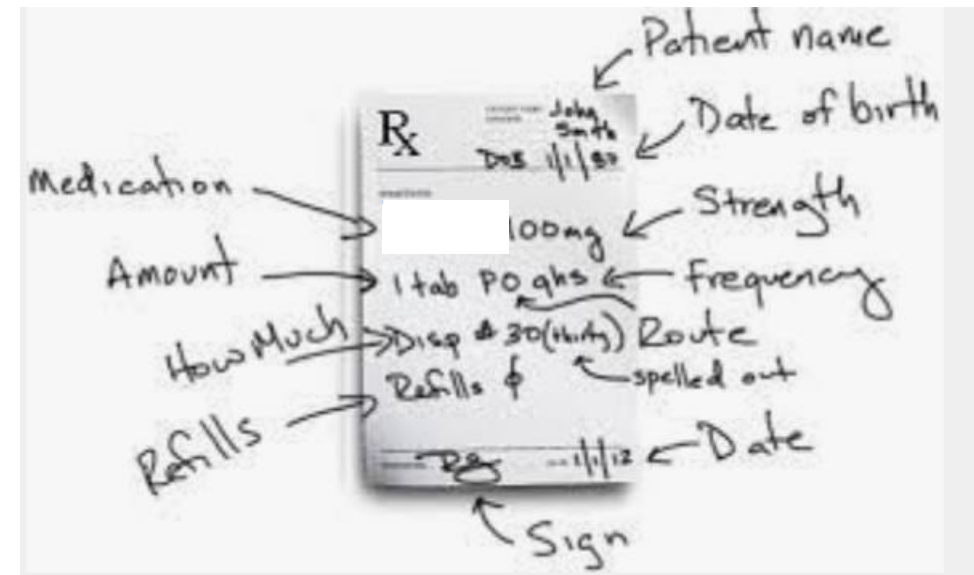
What kind?

How often? Frequency?

Dose? How much?

Side effects?

Precautions?





Pacing

Pacing: Being 'energy-wise'



**PRE-PLANNED
STRATEGY**



**CONSERVING ENERGY
FOR ACTIVITIES YOU
VALUE**



**LEARN YOUR NEW
BASELINE**



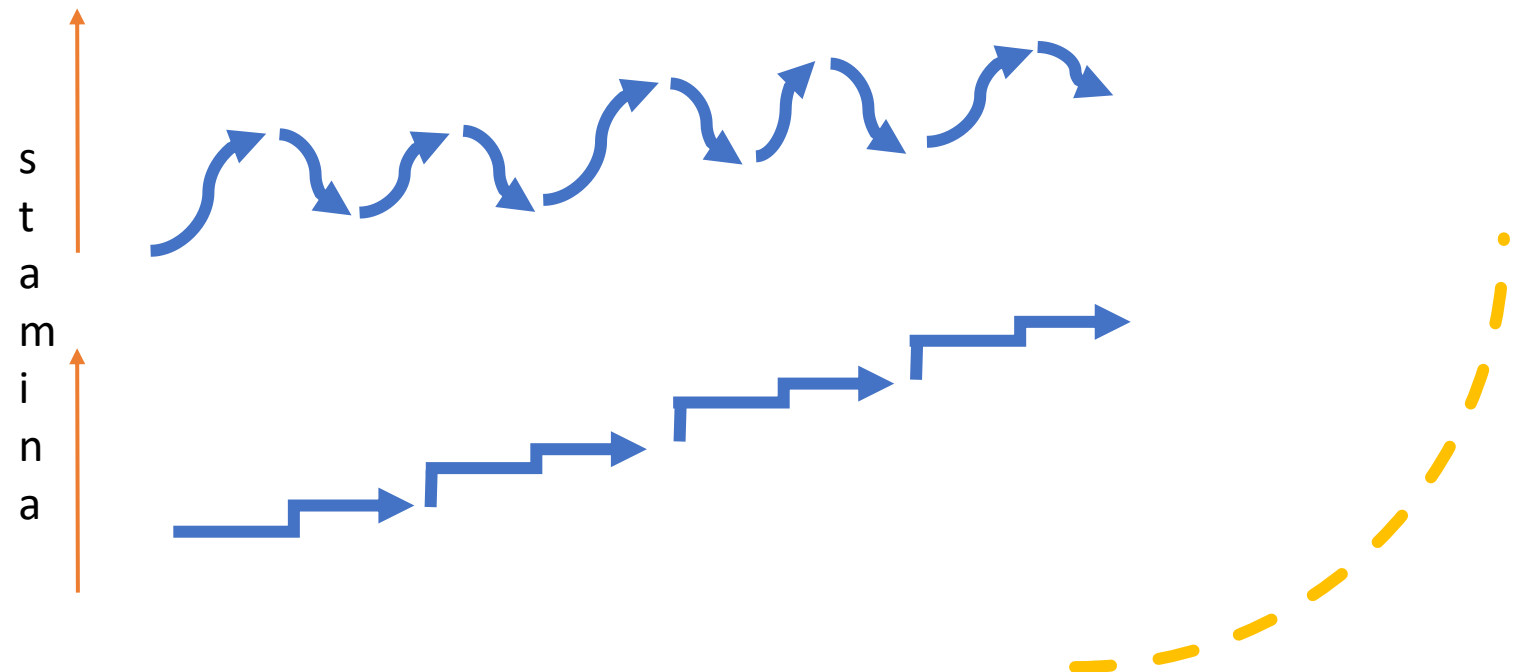
**ROUTINE >
INFREQUENT BURSTS
OF EXERCISE**



**10% INCREASE A
WEEK**

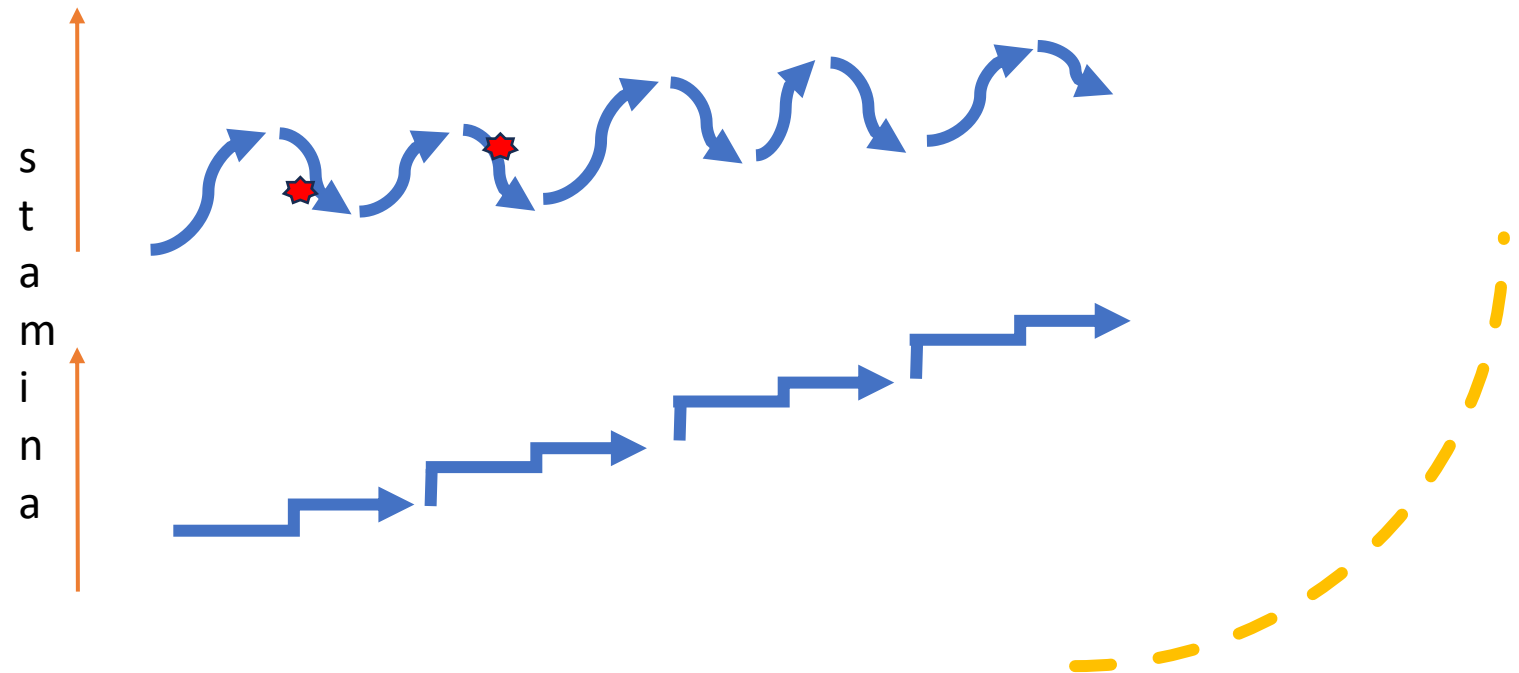
Setting a new baseline

- **The 75% rule**
 - **If you think that you can carry out an activity for 20 minutes, try reducing your activity time by five minutes to 15 minutes (75% of 20 minutes)**
- **Conditioning exercise should be manageable for good days and bad days**



Setting a new baseline

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Establishing a routine

- **Enhance enjoyment of the activity**
 - Pair exercises with meals (**exercise snacks!**)
 - Exercise while listening to music, audiobook
- **Use activity tracker (self-monitoring)**
 - **Diary**
- **Social support**
- **Set backs can happen, but sometimes we need to take a step back to move forward!**



RPE SCALE	RATE OF PERCEIVED EXERTION
10 /	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
9 /	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
7-8 /	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can speak a sentence
4-6 /	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
2-3 /	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
1 /	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Exercise snacks

- Going from 10 minutes of activity to 20 minutes of activity is >double the energy expenditure
- Build up endurance by adding in few minutes of activity throughout the day
 - Sit-to-stand
- Moderate intensity: Keep exertion < 6/10
- Progress
 - 1 set of 10 repetitions =>
 - Try 2 sets of 6, then 2 sets of 7



Perspective



*I can be changed by what happens to me.
But I refuse to be reduced by it.*

- Maya Angelou



People

- Community
 - Shared experiences
 - Positive memories
 - Build psychologic reserve and resources
 - Develop connection
 - Acceptance

Growing mental muscle



Prevention

Exercise is medicine

- Lowers risk of several common cancer types
 - < 5% of adults participate in ~30 mins of physical activity each day
 - >80% of adults do not meet recommended exercise guidelines

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!



More than just
bouncing back





Thank you