



A RESOURCE ONLY FOR PATIENTS
PRESCRIBED

KEYTRUDA[®]
(pembrolizumab)

Exercise: Staying physically active while on treatment

The information in this booklet does not replace information provided to you by your Oncologist, Oncology Nurse or Haematologist. If you have any questions about KEYTRUDA or your condition speak to your Oncologist, Oncology Nurse, or Haematologist.



Benefits of exercise

Exercise has many general benefits for your physical and mental wellbeing, but for cancer patients exercise may also help:

- Manage cancer-related fatigue.
- Improve quality of life.
- Improve your mood, including helping reduce feelings of anxiety or depression during and after treatment.

Before you begin

Everyone is different, so before you start an exercise program talk with your doctor about an exercise program that's right for you. Ask them about which exercises you should do or avoid and any extra precautions you should take. They may refer you to an exercise physiologist or physiotherapist with experience in working with people with cancer.



Types of exercise

Your exercise program should be tailored to individual abilities, taking into consideration your fitness level, and your type and stage of cancer, and may include a variety of activities, such as:

- Aerobic exercises that raise your heart rate and improve heart and lung fitness.
- Strength exercises that use weights (including your body weight) or resistance to increase muscle and bone strength.
- Flexibility exercises or stretches that lengthen muscles and tendons to improve or maintain flexibility.

Exercise goals

Aim to be as physically active as your ability and condition allows. Try to find an exercise program that you enjoy and that your doctor says is safe for you. Light exercise, even for a few minutes, is better than no exercise at all.

Try to steadily progress towards maintaining:



At least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise each week.



Two to three strength exercise sessions each week.

The following pages include some examples of simple aerobic and strength exercises that may be suitable for you. Please check with your doctor before starting any of these exercises.



Aerobic exercises

Here are some examples of the different types of aerobic exercises that you may be able to incorporate into your daily routine:



Aerobics/
Cardio classes



Aquarobics



Cycling



Dancing



Gardening and
Lawn mowing



Golf



Swimming



Tennis



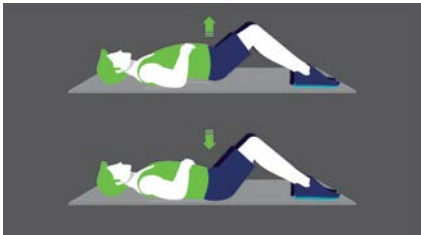
Walking/Jogging/
Running



Strength & flexibility exercises

The following exercises are suitable for most people, but not all, so check with your healthcare team before starting any of these exercises. An exercise professional can help prescribe the most suitable program for you.

Each training session, you may do a number of sets of different exercises which challenge your muscles. As an example, you might aim for 6–10 different exercises per session. For each of the exercises, you might do 6–20 repetitions per set, 1–4 sets per session and have a rest between sets for 60–90 seconds.



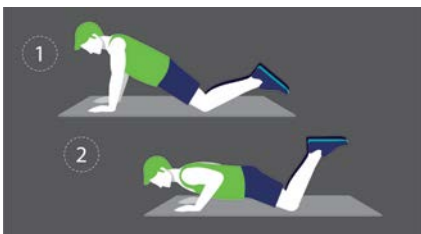
Pelvic tilt

Lie on your back with your knees bent and feet flat on the floor. Tighten the muscles in your abdomen and buttocks to flatten your back. Hold for several seconds then relax, rest and repeat.



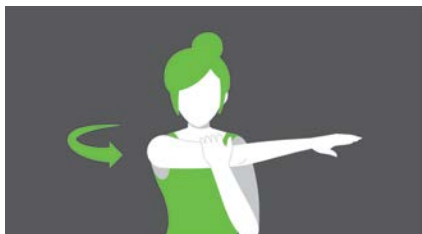
Bird-dog

Starting on all fours, extend one leg while supporting the torso with both hands on the floor. Once balanced, slowly extend the arm opposite the extended leg. Hold for 5–10 seconds, then slowly return to all fours. Change sides and repeat.



Modified push up

Start with your knees and hands on the floor and your arms extended. Keeping your back and bottom as straight as possible, and your head in line with your spine, slowly bend your arms and lower your torso. Push up to the starting position and repeat – try not to lock your elbows at the top.



Shoulder stretch

With your feet about hip width apart, pull one arm across your chest, keeping your elbow just below your shoulder-line. Hold for 15–30 seconds then repeat on the other side.



Quadriceps stretch

Standing on one leg, with a wall or chair for support, hold your foot with your hand and pull towards your buttocks. Make sure to keep your torso straight. Hold for 15–30 seconds then repeat on the other side.



Calf stretch

Stand facing a wall. With your arms straight, place your hands flat against the wall. Step one of your feet straight back with the heel flat on the floor. Lean forward against the wall, partially bending your front leg. Keeping your back leg straight and the foot flat on the floor, move the foot backwards until you feel the stretch. Hold for 15–30 seconds then repeat on the other side.

More information

If you have more questions about KEYTRUDA, other parts of your treatment or your condition, please talk to your Oncologist, Oncology Nurse or Haematologist, or refer to the Consumer Medicine Information for KEYTRUDA.

MSD

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References:

- Cancer Council Australia. 2019. Exercise for People Living with Cancer. A guide for people with cancer, their families and friends. Available at: <https://www.cancerCouncil.com.au/wp-content/uploads/2020/04/UC-Pub-CAN4152-Exercise-01-52pp.pdf>. Accessed July 2020.
- Cormie P *et al.* Clinical Oncology Society of Australia position statement on exercise in cancer care. *Med J Aust* 2018; 209(4): 184–7.

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