

4 February 2020

Media Release – The Significant Health Benefits of Exercise for Cancer Recovery

From: NZ Register of Exercise Professionals



## The Significant Health Benefits of Exercise for Cancer Recovery

Keeping active and engaging in regular physical activity provides life-long benefits for everyone.

However, in the past, people with a range of health conditions, including cancer, were often advised to limit their physical activity to reduce tiredness and avoid perceived risk. However, by taking this advice many have been missing out on the positive benefits of exercise.

In recent years research has firmly established that exercise is both safe and effective. It can counteract many of the negative physical and psychological effects of the disease and treatments before, during and after treatment. However, translating this research at clinical level into practice has been slow.

A recent Exercise in Cancer Care paper prepared by the Clinical Oncology Society of Australia (COSA) and published in the Medical Journal of Australia, has made a call to action and listed recommendations around exercise and cancer care. Following on from this statement, more than 25 Australian health related organisations have stepped up to endorse the message.

In the document COSA recommends that exercise be imbedded into cancer care, that all cancer care professionals support patients with exercise, and that this exercise be under the supervision of specialist exercise professionals.

This report from COSA has created a set of guidelines and recommendations bridging the gap between what is known, and offering solutions on implementation.

The recommendations stop short of offering specific exercise advice, as this requires an individualised approach, with allied health professional working together to meet the needs of individuals.

On this side of the Tasman, the NZ Cancer Society also recommends physical activity. They suggest choosing activities that increase endurance, improve strength and extend range of movement.

Options will depend on a persons physical condition, the stage and type of cancer, the treatment being received, and any side effects experienced, but as part of a care plan exercise should be front and centre.

---

## Contact details for further information about the exercise industry:

**NZ Register of Exercise Professionals**, Registrar Stephen Gacsal

Email: [stephen@reps.org.nz](mailto:stephen@reps.org.nz) telephone: 0800 55 44 99 website: [www.reps.org.nz](http://www.reps.org.nz)

**NZ Register of Exercise Professionals (REPs)** - Independent not for profit quality mark of exercise professionals and facilities. Using REPs Registered Exercise Professionals is the “warrant of fitness check” that exercise professionals and facilities meet New Zealand and internationally benchmarked standards to deliver safe exercise advice and instruction. REPs is affiliated globally to other national exercise professional registers representing over 210,000 exercise professionals through the International Confederation of Registers for Exercise Professionals (ICREPs) - [www.icreps.org](http://www.icreps.org)

**Exercise Association of New Zealand**, Chief Executive Richard Beddie

Email: [richard@exercisenz.org.nz](mailto:richard@exercisenz.org.nz), telephone: 0800 66 88 11 website:

<http://www.exercisenz.org.nz>

**Exercise Association of New Zealand** - Not for profit exercise industry representative organisation. Its *mission is to proactively support a sustainable exercise and fitness industry in New Zealand by growing participation in structured exercise through advocacy, information and industry standards.*

