



# Making Movement Stick

A THRIVE HEALTH GUIDE



# Welcome!

## FROM YOUR TEAM AT THRIVE HEALTH

We are delighted to have you join our mission to improve the health and well-being of everyone affected by cancer. If you are a cancer survivor (anyone from diagnosis onwards), or cancer 'thriver', welcome to your go-to resource for evidence-based wellness. If you are a fitness or health professional, we look forward to having you join us in our efforts to improve education and evidence-based exercise and wellness program offerings for people after a cancer diagnosis.



# Who are we?

We are Dr. Nicole Culos-Reed and Dr. Lauren Capozzi.

We were both driven to careers in this field because we had personal experiences. We saw family members who struggled with physical and psychosocial challenges after their diagnosis of cancer. They wanted to find ways to feel strong, healthy, and well again, during and after their diagnosis and treatments. This led us to careers in research and medicine, where we work with patients every day, either on the ground leading research studies looking at the impact of exercise on health outcomes, or in the clinics prescribing exercise to patients based on their cancer and symptoms.

We saw a need for better trained fitness and health professionals in the community, and more resources for patients and survivors, leading us to start Thrive Health.

We developed the THRIVE 5 training program for fitness and health professionals and numerous resources for those who want to live well after a cancer diagnosis.

**Often people tell us their biggest challenge is Making Movement Stick – here we offer you our 5 Top Tips!**



DR. NICOLE CULOS-REED



DR. LAUREN CAPOZZI

**INTRODUCING  
THE THRIVE HEALTH  
TOP 5 TIPS FOR**

# **MAKING MOVEMENT STICK**



# Know where you are starting!

It is important to know where you are starting! How much activity do you currently do? We often use the FITT principle to assess exercise. Having a good idea of your current physical activity levels can help you understand where you're at and what changes you want to make!



## **F** - FREQUENCY

How many days per week are you currently active?



## **I** - INTENSITY

How hard do you work on a scale from 0-10?



## **T** - TIME

How long do you spend moving during each session?



## **T** - TYPE

What types of activity are you doing?

Here's an example:

## **FREQUENCY**

4 days per week

## **INTENSITY**

2 days of moderate activity (3-5/10),  
2 days of low intensity activity (1-2/10)

## **TIME**

20-40 minutes per session

## **TYPE**

aerobic exercise including walking,  
swimming, dancing

# Know what changes you want to make in your current physical activity!

It is excellent that you're interested in increasing your physical activity levels. What is currently motivating you to move more? How much activity do you want to get in each week? We like to use SMARTT goals:

**S****SPECIFIC**

What will you do? Where will you do it? Why do you want to do it?

**M****MEASURABLE**

How much activity? Break this into days per week, and minutes per movement session.

**A****ATTAINABLE**

Is your goal within reach?

**R****RELEVANT**

Does your plan match your goal? Will the exercise you're planning to do get you closer to your goal of feeling stronger or more aerobically fit? Make sure the type of exercise you do matches with your specific fitness goals.

**T****TIMELY**

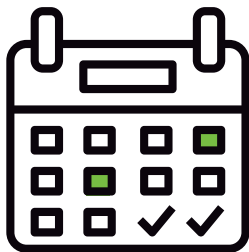
What is the deadline? Over what period of time are you working to achieve this?

**T****TOGETHER**

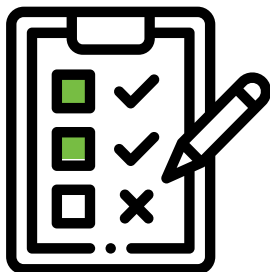
Who supports your activity or joins you in a workout? Can you go to a group class? Goals that include social support for engaging in activity are more likely to be more effective.

# Make an action plan and put it into place!

## PLAN AHEAD, WRITE IT DOWN, TRACK YOUR PROGRESS



Plan ahead and write it down – print off a calendar of the month ahead and write down when you will fit in your workouts. Post the calendar somewhere you can see it. Alternatively, schedule your workouts into your electronic calendar on your phone.



Track your progress – check off which workouts you complete. Use this to help you determine how realistic your plan is. For example, if you're unable to stick with your plan for 5 workouts per week, modify and change it to 3 or 4. Continue at 3 or 4 until you feel successful and then increase again to 5. You can also track progress with technology – recording your steps or workouts on your Fitbit or Apple Watch!

## Engage social support!

People who are active with others are more likely to continue to be active. Engage a workout buddy who you meet for weekly walks, or try joining a group fitness or yoga class with people you enjoy spending time with. Maybe even try working with a personal trainer who can keep you accountable. All of these strategies can help you stay active and motivate you to stick with your goals.





# Keep it FUN and reward yourself for your successes!



People who choose activities they enjoy are much more likely to stick with it. Do you enjoy walking? Swimming? Dancing? Find activities you enjoy and schedule them in each week.



Rewarding yourself for achieving your physical activity goals can help reinforce your long-term health behaviour. Making healthy lifestyle changes is no easy task. Give yourself the recognition you deserve!

# Learn More!

If you're interested in learning more about exercising after a cancer diagnosis, check out our free resources. We are always updating our library with the latest evidence-based exercise resources for cancer survivors.

[DISCOVER MORE FREE RESOURCES](#)

If you're a health or fitness professional who is interested in incorporating safe, evidence-based movement strategies for cancer survivors into your practice, check out our online course.

[CANCER & EXERCISE COURSE](#)



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