



[www.exmedcancer.org.au](http://www.exmedcancer.org.au)



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## EXERCISE PRESCRIPTION FOR CANCER

### Your cancer care team strongly recommends you:

- Avoid inactivity and be as physically active as your current condition allows
- Participate in an individually tailored exercise medicine program involving moderate-high intensity:


AEROBIC EXERCISE  
(e.g. walking)

+

RESISTANCE EXERCISE  
(e.g. lifting weights)

### Referral: EX-MED Cancer – best practice exercise medicine program for people with cancer

EX-MED Cancer will chaperone you through every step of the process and provide you with the support and structure required to benefit from exercise medicine.



**“There is no doubt that cancer destroys your quality of life. EX-MED Cancer gives it back to patients. This is a fantastic program that has a massive impact on people’s lives.”**

- Cancer Surgeon

EX-MED Cancer is a not-for-profit health service

