

## Being physically active has multiple benefits for people living with cancer:

- Reduce risk of cancer recurrence – being active during and after cancer treatment can reduce the risk of recurrence in some cancers. It can also reduce the risk of developing other long-term conditions.
- Reduce side effects – being active during and after cancer treatment can reduce some side effects of cancer and cancer treatment. Side effects activity helps with include fatigue, depression, weight gain, blood clots, hot flushes, night sweats and nerve damage.
- Prevent decline in physical ability – being active during cancer treatment can prevent a decline in physical ability without increasing fatigue levels.
- Recover physical ability – being active after cancer treatment helps patients recover physical ability.
- Maintain independence – in cases of advanced cancer physical activity can help patients maintain independence and well-being.

## Teachable moment

There is evidence that the diagnosis of cancer provides a 'teachable moment', when discussions about physical activity are likely to be well received by the patient. A good time for a discussion would be during a patient consultation, or as part of an assessment and care plan.

## Behavioural change methods

We recommend you attend some Motivational Interviewing or other behavioural change training. This will help you to be aware of the style of conversation you use when talking to people about behaviour change. Evidence shows that a guiding style is highly effective with patients. When you share information it should be in a neutral, non-judgmental manner. In this kind of conversation you will need to listen and ask questions to seek to understand the patient's perception of the issue. You should also resist the urge to impulsively jump in and give advice, but guide the patient towards coming up with their own solutions and plans.

## Tell us what you think

We hope that you find the pack and these guidance notes useful, if you would like to give feedback on how we could improve them please email [survivorship@macmillan.org.uk](mailto:survivorship@macmillan.org.uk)

## For more information

Further information on Motivational interviewing and details of training courses can be found at [www.motivationalinterviewing.org](http://www.motivationalinterviewing.org), or you can check with your professional body.

For more information on the evidence on physical activity and cancer visit [www.macmillan.org.uk/movemore](http://www.macmillan.org.uk/movemore)

## How to use the pack guide for healthcare professionals

**GET  
ACTIVE  
FEEL  
GOOD**

**WE ARE  
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Thank you for ordering the Get Active Feel Good pack. The pack is designed to support people living with cancer to become more physically active, by helping them to understand it's importance and build their confidence.

## How to use the Get Active, Feel Good pack

The pack has been developed by leading experts in health behavioural change and is designed to empower patients, but it works most effectively if they go through it with your support.

You should use the pack as part of a brief intervention to encourage people to be active as a part of the Physical Activity Care Pathway, see figure 1. This pathway was developed by the Department of Health and is based on the principle of motivational interviewing. The key principle is that the intervention is tailored to the patient's needs and readiness to change, based on the principles of motivational interviewing. This pack is designed to be used at the intervene stage of the pathway and then as part of the review process at the end.

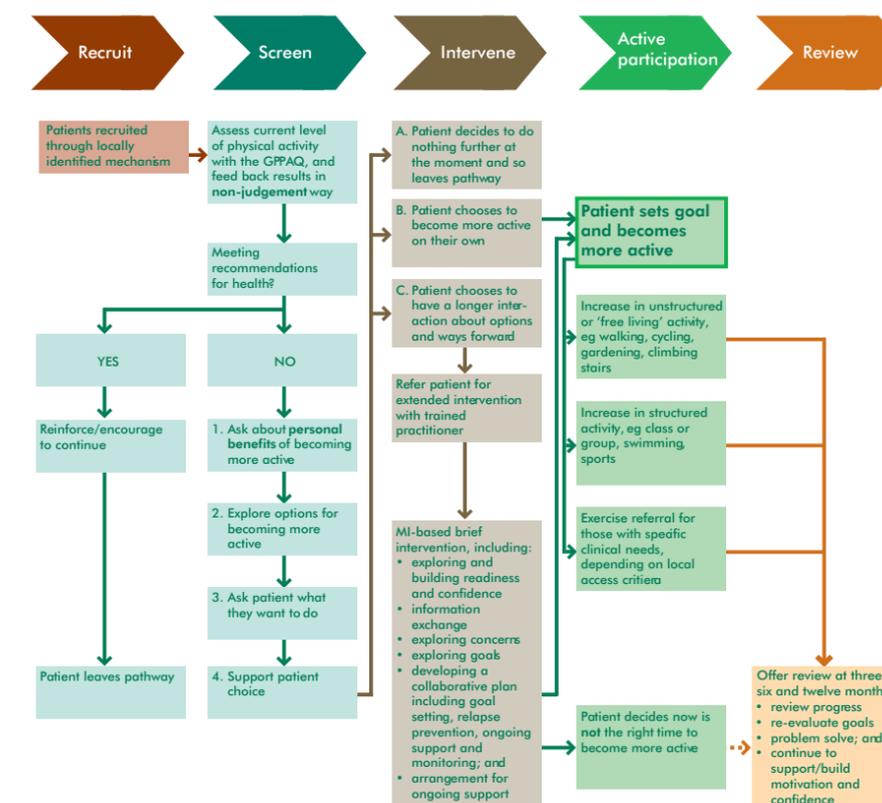
### Intervene

During the intervene stage of the pathway you should help people:

- Understand the likely impact of their behaviour on health.
- Feel positive/optimistic about the change.
- Make a personal commitment to change.
- Set goals to undertake specific actions over specified period.
- Plan changes in terms of easy steps.
- Plan for events or situations that might get in the way of change.
- Share their behaviour change goals with others.

## Let's Get Moving: A physical activity care pathway

Figure 1



You can deliver this pathway on your own or as part of a team of health and/or exercise professionals. For example, a cancer care specialist screens a patient and identifies that they are very inactive. Using the leaflet 'Physical Activity and Cancer Treatment', together with the 'Get Active Feel Good pack,' they discuss the benefits of being more active. The patient decides that they are interested in becoming more active, so the cancer care specialist recommends that the patient tries a local activity. The patient then records their activity and at the next appointment they discuss their progress as part of their review.