WHAT PATIENTS ARE SAYING

"It was convenient, and I did not have to travel, with this being virtual I did not have to worry about other people and germs. I was given my own equipment, and I knew I was the only person using it."

"It has increased my energy, and I am able to do more than I was before starting, it also benefited me mentally I am less stressed because I can accomplish more things. And I am happier at work."

"I am thankful for this program. I had something to look forward to and it eased my anxiousness with treatment knowing I could do something about my treatment side effects. I cannot believe this program was free to me."

UPMC
LIFE CHANGING MEDICINE

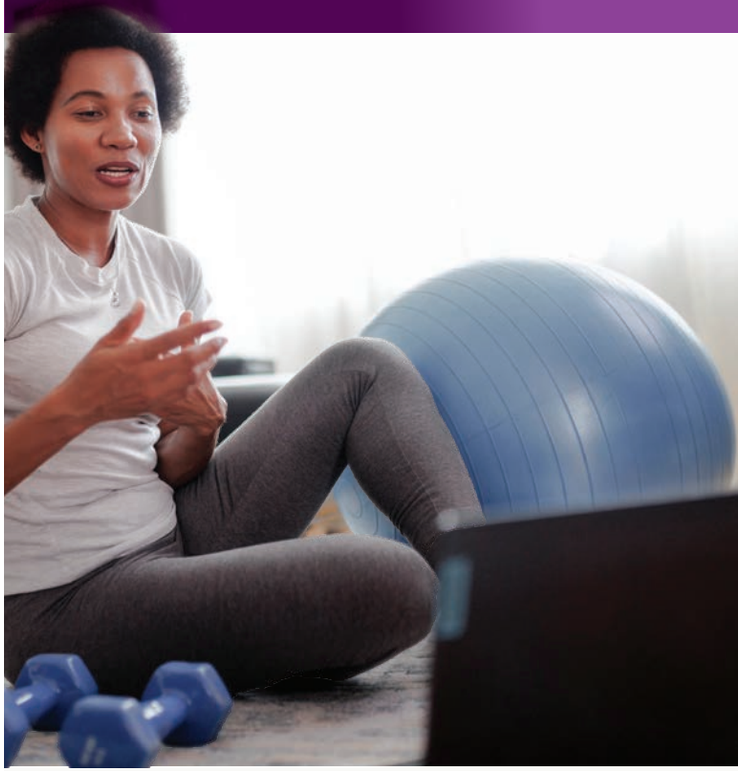
Contact Us

Moving Through Cancer Program
UPMC Hillman Cancer Center
5115 Centre Ave.
Pittsburgh, PA 15232
412-623-3427
mtchcc@upmc.edu

CANC600742 IB/AK 3/25

MOVING THROUGH CANCER PROGRAM

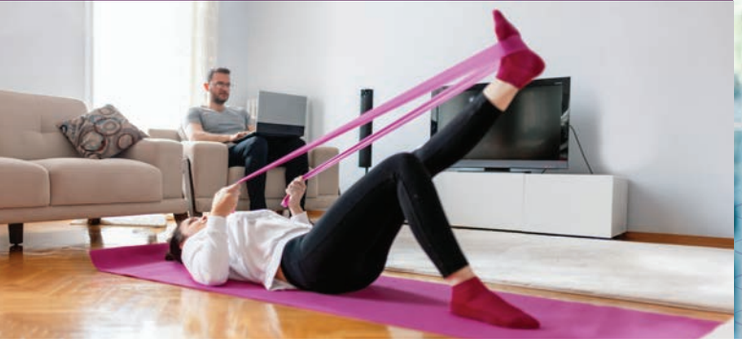
Telehealth Exercise Options for Patients



UPMC | HILLMAN CANCER CENTER

EXERCISE IS MEDICINE.

The UPMC Hillman Cancer Center Moving Through Cancer Program aims to help you manage the symptoms and side effects of cancer treatment. Our telehealth exercise options allow patients to meet with an exercise oncology specialist and receive an individual exercise program and ongoing support through video calls



Telehealth Exercise Details

- Free one-on-one telehealth exercise program
- 12 weeks
- One 30-minute session per week
- Participants will receive an iPad, stand, and resistance bands

Benefits of Physical Activity for People Living With and Beyond Cancer

- Less cancer-related fatigue (tiredness)
- Improved mood (less anxiety and depression)
- Better quality of life
- Improved bone health
- Ease in completing everyday tasks
- Better sleep

What should I expect to feel when I exercise?

With aerobic exercise—like walking, jogging, or swimming—you may feel an increased heart rate and faster and deeper breathing. You also may feel warmer and sweat. Aerobic exercise should not cause pain, but you may have muscle stiffness or soreness the following day, which will go away gradually.

With muscle-strengthening exercise—like using resistance bands or other types of weights—you may feel muscle tension, like when lifting a heavy object. Muscle-strengthening exercise should not cause pain, but you may have muscle stiffness or soreness for a day or two. Gentle massage can help with muscle stiffness or soreness.

Why should I be active during cancer treatment?

From the time of diagnosis, cancer can feel like something that happens to you. Being as active as possible during your treatment can help you take back some control over your life and help you feel better along the way.

Rest when you need to but get back to moving as soon as you can. Every little bit of activity helps. If you use a wheelchair or are bedridden, we can help you do whatever you can to get active.