

# Question checklist about exercise for people living with cancer

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This checklist includes the kinds of questions you may want to ask your doctor or exercise professional about exercise during or after cancer and treatment.

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## Questions for your health team

- Is there any reason why I could not exercise during my treatment?
  - Are there any precautions I should take or types of exercise I should avoid?
  - What precautions should I take if I have a port, PICC line, chemotherapy pump or stoma?
  - I haven't exercised much before. Do I need to have any general health checks first?
  - Can you recommend an exercise professional who has experience helping people with cancer?
  - Can you help me to get a chronic disease management plan, and a referral to an exercise physiologist or physiotherapist?
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## Questions for your exercise professionals

- What are your qualifications? Are you an ESSA accredited exercise physiologist or an APC accredited physiotherapist?
  - Have you completed training focused on exercise for people with cancer?
  - Can you talk to my medical team about my exercise program?
  - What will you consider when preparing an exercise program for someone with my medical history?
  - I would like to start slowly and build up this program, is that okay?
  - How will I know that I am doing the exercises correctly?
  - What should I do if I feel pain when exercising?
  - What if I feel too unwell to exercise?
  - How long might it be before I start to see some benefits from this exercise program?
  - How many appointments am I likely to need?
  - How can I exercise safely to avoid COVID-19? Do you have HEPA filters in your gym or a fresh air option? Can I use a mask? Do you have a carbon dioxide monitor to show me how well ventilated your gym is?
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## My questions

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