

Question checklist about exercise for people living with cancer

Asking your doctor or exercise professional questions will help you make an informed choice. You may want to include some of the questions below in your own list.

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 condition 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 viruses/infections? 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
