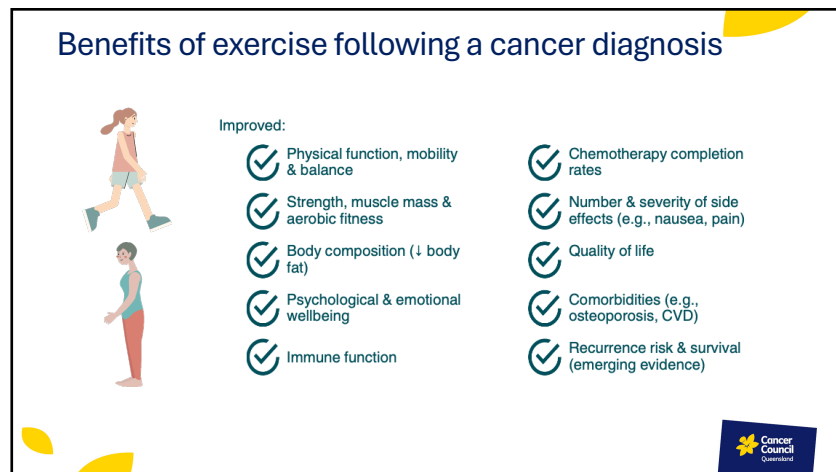




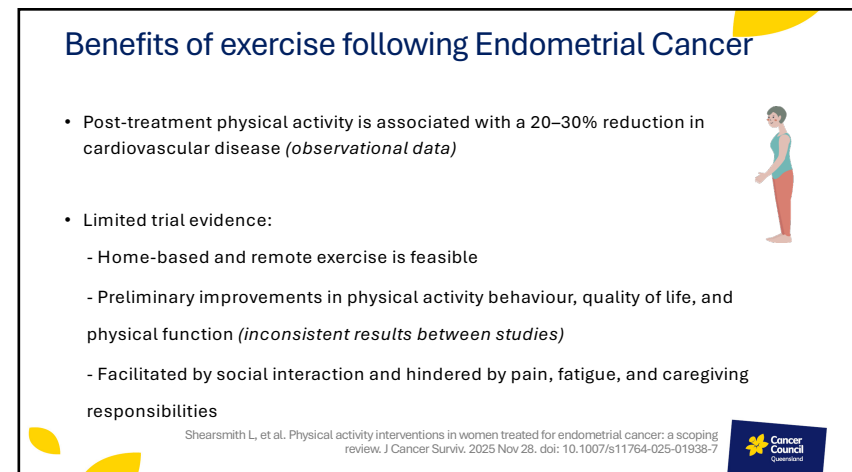
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Barriers to exercise following Endometrial Cancer



- Psychosocial barriers:
 - uncertainty around safe physical activity
 - obesity-related stigma/ fear of judgement
 - insufficient information or support from healthcare professionals
 - fatigue, weather, pain, and caregiving responsibilities
- Past experiences of attempting lifestyle and weight-loss interventions
 - Low confidence, fear of failure
- Optimal types, doses, and contexts of physical activity are currently unknown
- Inadequacy of one-size-fits-all approaches, highlighting the need for tailored, supportive, and accessible interventions

Shearsmith L, et al. Physical activity interventions in women treated for endometrial cancer: a scoping review. J Cancer Surviv. 2025 Nov 28. doi: 10.1007/s11764-025-01938-7



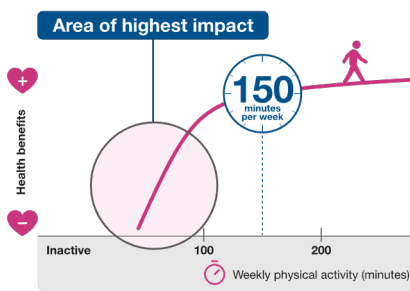
5

The 'what'

6

Physical activity for health benefits

Benefits of physical activity for healthy adults

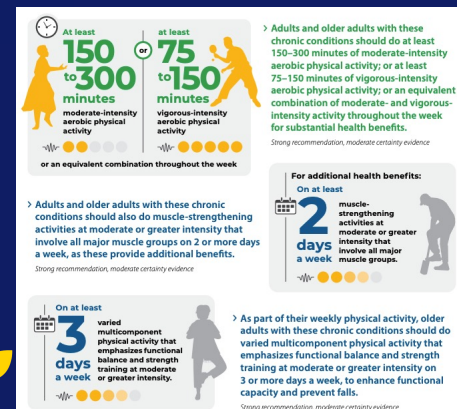


- The biggest gains come from moving from inactive to active
- Every bit of movement helps - and more is generally better
- Even activity lasting less than 10 minutes counts

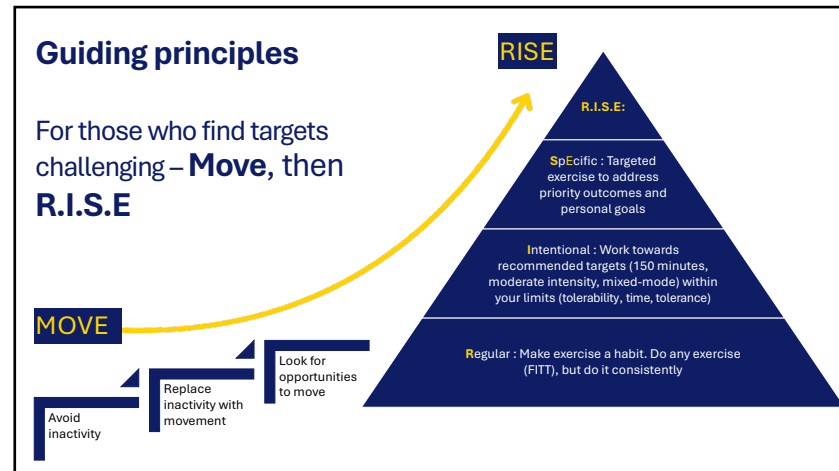


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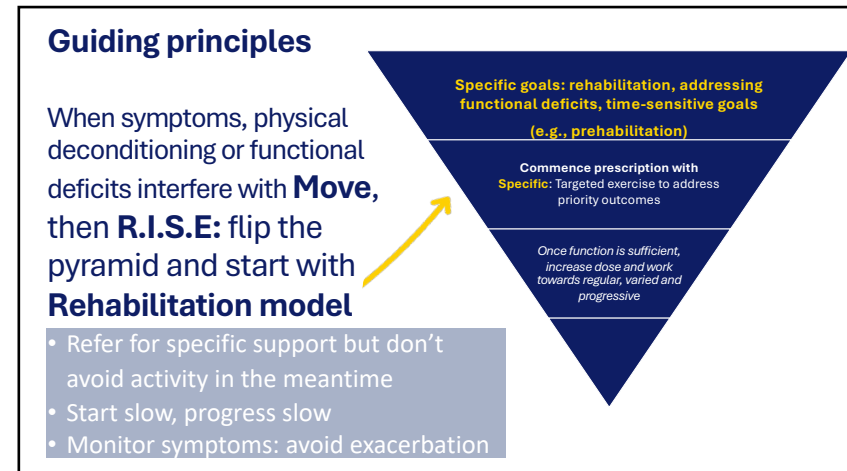
WHO Physical Activity Guidelines



8



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Scope of practice

- COSA position statement:
Discuss, Recommend and Refer
- Encourage progress towards and maintenance of physical activity guidelines

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Safety and referral

Pre-exercise screening tool

e.g., Australian adult pre-exercise screening system (APSS)

"IF YOU ANSWERED 'YES' to any of the 6 questions, please seek guidance from an appropriate allied health professional or medical practitioner prior to undertaking exercise."

ADULT PRE-EXERCISE SCREENING SYSTEM (APSS)

This screening tool is part of the **Adult Pre-Exercise Screening System (APSS)** that also includes guidelines (see **User Guide**) on how to use the information collected and to address the aims of each stage. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise & Sport Science Australia, Fitness Australia, Sports Medicine Australia or Exercise is Medicine for any loss, damage, or injury that may arise from any person acting on any statement or information contained in this system.

Norton K, Norton L, editors. Pre-exercise screening and risk factor assessment: A guide to the Australian adult pre-exercise screening system. 2nd ed. Sydney: AUActive and Sports Medicine Australia; 2025

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AIM: To identify individuals with known disease, and/or signs or symptoms of disease, who may be at a higher risk of an adverse event due to exercise. An adverse event refers to an unexpected event that occurs as a consequence of an exercise session, resulting in ill health, physical harm or death to an individual.

Please tick your response

	YES	NO
1. Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke?	☐	☐
2. Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise?	☐	☐
3. Do you ever feel faint, dizzy or lose balance during physical activity/exercise?	☐	☐
4. Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	☐	☐
5. If you have diabetes (type 1 or 2) have you had trouble controlling your blood sugar (glucose) in the last 3 months?	☐	☐
6. Do you have any other conditions that may require special consideration for you to exercise?	☐	☐

IF YOU ANSWERED 'NO'

- If your total is less than 150 minutes per week then light to moderate intensity exercise is recommended. Increase your volume and intensity slowly.
- If your total is more than or equal to 150 minutes per week then continue with your current physical activity/exercise intensity levels.
- It is advised that you discuss any progression (volume, intensity, duration, modality) with an exercise professional to optimise your results.

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Reason to refer to an Exercise Professional

Safety concerns, e.g.,

- Severe fatigue
- Unstable co-morbidities
- Frailty
- Cardio-toxic treatment
- Bone mets/lesions (fracture risk)
- Cachexia/ Sarcopenia
- Symptoms exacerbated by activity

Behaviour change support needed

- Struggling to achieve goals
- Lack of confidence

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The 'when'

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Patient-centered

- Before, during and after treatment
- Goal: Lifelong engagement in physical activity
- Opportunities:
 - Symptom management
 - Teachable moment

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Making every contact count (MECC)

Recognising the opportunities that already exist in healthcare interactions to talk to people about their health and wellbeing.

Goal is to deliver a brief message then signpost to relevant support.

NHS (2016), SA Health (2025)

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Making every contact count (MECC)

Acknowledges that while one conversation isn't enough for behaviour change, we can **build collective action and momentum through regular, consistent messaging.**

NHS (2016), SA Health (2025)

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The 'how'

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How to introduce exercise?

Link a health concern raised by the person you are talking to with exercise.

Use a screening tool, checklist, or resource as a prompt.

Meyer et al (2025)

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How to introduce exercise?

(REDACTED - unpublished data not available for dissemination)

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How to respond?

L - Listen
A - Acknowledge
R - Reassure
K - Know your key message and what support is available

What information or support are they looking for?

CCQ (2025)

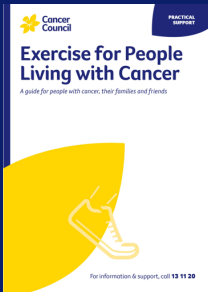
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 **Cancer Council Queensland**

Resources

Cancer Council online resources

Resource library also includes information for 36 cancer types, 10 treatment types, Aboriginal and Torres Strait Islander peoples, and in 9 languages



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 **Cancer Council Queensland**

Resources

Exercise is Medicine
Australia - Factsheets



General public



Healthcare professional



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Resources

Accredited exercise professional online search tool

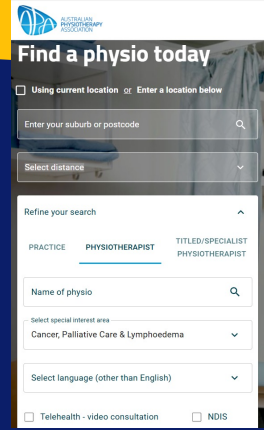


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Resources

Physiotherapists

- Special interest area
- Titled/specialist

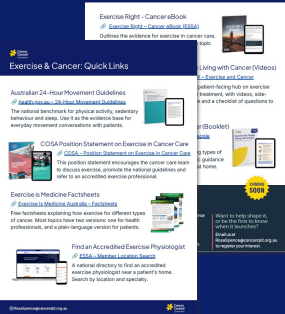


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Resources

Request our Quick Links reference document for easy access to all these resources.

Email RosaSpence@cancerqld.org.au to receive your copy.



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Coming soon...

CanACTIVATE: high-quality, expert-informed continuing education and clinical decision tools.

Supporting you to support people living with and beyond cancer to be active.

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Coming soon...

Want to help shape it, or be the first to know when CanACTIVATE launches?

Email RosaSpence@cancerqld.org.au to register your interest.

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