

Exercise & Cancer: Quick Links

Australian 24-Hour Movement Guidelines

 [health.gov.au – 24-Hour Movement Guidelines](https://health.gov.au/24-hour-movement-guidelines)

The national benchmark for physical activity, sedentary behaviour and sleep. Use it as the evidence base for everyday movement conversations with patients.



COSA Position Statement on Exercise in Cancer Care

 [COSA – Position Statement on Exercise in Cancer Care](#)

This position statement encourages the cancer care team to discuss exercise, promote the national guidelines and refer to an accredited exercise professional.



Exercise is Medicine Factsheets

 [Exercise Is Medicine Australia – Factsheets](#)

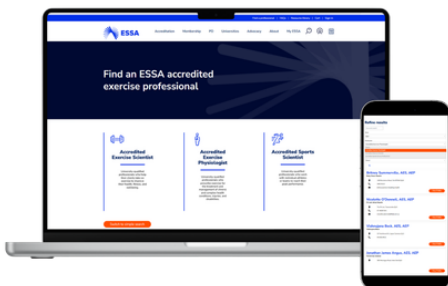
Free factsheets explaining how exercise for different types of cancer. Most topics have two versions: one for health professionals, and a plain-language version for patients.



Find an Accredited Exercise Physiologist

 [ESSA – Member Location Search](#)

A national directory to find an accredited exercise physiologist near a patient's home. Search by location and specialty.



Exercise Right – Cancer eBook

[!\[\]\(3dfb8d66e81160ad61421a3452093d1b_img.jpg\) Exercise Right – Cancer eBook \(ESSA\)](#)

Outlines the evidence for exercise in cancer care.
Useful for building confidence to raise the topic and explain why referral matters.



Exercise for people Living with Cancer (Videos)

[!\[\]\(a870788d6ed9b8fd294b7654a8c8526b_img.jpg\) Cancer Council NSW – Exercise and Cancer](#)

Cancer Council NSW's patient-facing hub on exercise before, during and after treatment, with videos, side-effect-specific guidance and a checklist of questions to ask the treatment team.



Exercise for People Living with Cancer (Booklet)

[!\[\]\(c50c8b7b2cc2cf9ff925edec0ee94c0d_img.jpg\) Cancer Council Australia – Exercise for People Living with Cancer](#)

A comprehensive, illustrated booklet covering types of exercise, target amounts, side-effect-specific guidance and step-by-step exercises patients can do at home.



Introducing Can**ACTIVATE**.

CanACTIVATE is training Australia's cancer care workforce to help people affected by cancer move well during and after treatment.

- Online, on-demand training modules
- Free to access
- Built by health professionals for health professionals.

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

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