



**A Practical Guide  
to Moving More**  
for people with metastatic  
colorectal cancer

MyMove Program

# Welcome to the MyMove Program!

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MyMove is part of the SHAPE program, which provides lifestyle support to people with metastatic colorectal cancer (mCRC) and their families. This brochure has been developed with input from people with cancer, as well as cancer experts and cancer exercise specialists.

## **Today is always the best day to make movement a part of your life.**

In fact, several studies have shown that, if you have cancer, moving more could have many positive benefits for your physical health, your mood and your quality of life.

The MyMove program will help you to introduce movement – including

physical activity and exercise – into your life over an 8-week period. Using the MyMove program as a guide, your aim is to **Move More**.

Day-by-day, week-by-week, record how you feel each day in the weekly planner. Did you cook a meal today? Did you get outside for a walk or into the garden? Did you try a MyMove exercise routine?

How much you do depends on how you feel – some days you'll be able to do more than others. The golden rule is to **listen to your body**.

**Do what you can; when you can do more, do more!**

*The SHAPE Steering Committee  
(see page 25)*

# Before you start, remember the 4 Ps:

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## **PATIENCE**

**Be patient.** Everyone is different. Remember, it will take time! Start slowly and invest in rest.

## **PROGRESSION**

**Build it up.** When you feel you can, try new things. Always listen to your own body and make changes if needed.

## **POSITIVITY**

**Focus on the positives.** Record what you have achieved: even if you planned a 30-minute walk and you only took one step... that's a step in the right direction.

## **PERSEVERANCE**

**Keep going.** Even the smallest amount of movement can be beneficial. Commit to making MyMove a part of your life over the next eight weeks.

**TOP TIP**

**Involve your friends and family.** You will inspire each other and people around you.

# Why move?



TOP TIP

Create an environment that best suits you: use music, get outside, try new things, think about what YOU want to do!

Scientific evidence supports the potential benefits of physical activity and exercise at all stages of cancer care.

## POSITIVE EMOTIONS

Physical activity may have a positive effect on your mood, helping with difficulties like depression or anxiety. It can also help you feel more confident and increase your independence<sup>1-3</sup>

## OVERALL WELL-BEING

Physical movement can improve your overall quality of life, which includes your physical, mental, and social well-being<sup>1,2,4</sup>

## SURVIVAL

Evidence shows that increased physical activity can prolong life in people with metastatic colorectal cancer<sup>19</sup>

## HEART AND MUSCLE FITNESS

Movement can help preserve and improve your heart and muscle fitness before, during and after treatment<sup>2,4-13</sup>

## REDUCES SIDE EFFECTS

Physical activity may reduce some side effects of cancer treatment, such as tiredness and joint pain<sup>2,4,6-8,14-18</sup>

## BONE HEALTH

Resistance training (strengthening activities) can have a positive effect on your bone health<sup>20</sup>



# Introducing the MyMove program

Everyone with cancer is different – and things change from one day to the next. Over a period of eight weeks, aim to make movement a part of your life in a way that is meaningful for you.

Some days you'll be able to do more than others. Some days you will need to invest in rest. With MyMove, the amount you do depends on how you feel day-to-day.

What movement can you do today?

TOP TIP

**Do what you can, day-by-day. When you can do more, do more.** The MyMove program is a first step: a strong foundation that you can build upon.



## A day to invest in rest

**Some days it might be difficult to move at all.** If you feel able, you could try:

- Reading a book
- Watching the television or a film with friends or family
- Cooking a meal in stages throughout the day
- Folding clothes



## A day to introduce physical activity

**This means anything that gets your body moving.** You could try:

- Taking a gentle walk in the local park with friends – or a dog!
- Getting out into the garden
- Doing the grocery shopping

Start slowly and build up the amount you do. Aim for 30 minutes per day, either all at once or split across your day.

 Aim for 30 mins/day



## A day to introduce exercise

**“Exercise” may seem like a scary word, but it just means anything that moves your body a little more.** You could try:

- The MyMove exercise routines (back of this booklet)
- Brisk walking or jogging
- Swimming
- Using gym equipment

Start slowly and build up to 30 minutes. Aim to add exercise to your routine twice a week.

 Aim for 30 mins/day

 Start at 10 mins/day



## A day when you are feeling at your best

**Aim for 30 minutes of physical activity:** that's anything that gets your body moving. Make the choice to move your body more. All movement counts!

**Also, aim for 30 minutes of exercise.** Try to complete a MyMove exercise routine. Next time, give the other MyMove exercise routine a go!

 30 mins/day

 30 mins/day

**How should I move?** For more ideas, turn to the back of this booklet.

# The MyMove Weekly Planner

TOP TIP

Do new things. Variation is good for your health and well-being. It's all about your enjoyment

Use this planner to record your movement, day-by-day, week-by-week. How did you feel today? What movement did you do?

Always listen to your body. Remember that you may have to make changes.

Give it a go!

## MOVEMENT MONDAY

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Start your week by **moving your body**

## TUESDAY

## WALKING WEDNESDAY

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Go for a walk on **"Walking Wednesday"**

## THURSDAY

## FEEL GOOD FRIDAY

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It's **"Feel Good Friday"** – do something that makes you feel good

## SATURDAY

## SLEEPY SUNDAY

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Always remember to **invest in rest**

# MyMove: FAQs

## Is the MyMove program safe?

The MyMove program has been designed based on cancer exercise guidelines. It is a safe starting point to make movement a part of your life.

How much you do each day depends on how you feel – some days you'll be able to do more than others. The golden rule is to listen to your body. If you feel pain, discomfort, or tiredness, then you should slow down or stop moving. If this continues, assess what you are doing and consider making changes. It is a good idea to speak with your doctor or nurse before you start the MyMove program or if you experience pain, discomfort, or tiredness.

## Will exercise impact my treatment?

Exercising during cancer treatment can have positive benefits, such as preserving heart health and muscle fitness. There may be some exercises you should avoid during treatment, so you should speak to your nurse or

doctor before you begin the MyMove program and review the "Safety First" section of this brochure.

## Can I ask other people to help me?

Yes, absolutely. Find a friend or family member who is willing and able to accompany you. You'll have fun and you may even inspire each other and others around you.

## How can I make movement a part of my daily life?

Prioritize time in your weekly diary. The goal is to move in a way that suits you!

## How can I make physical activity and exercise more fun?

Think about what you would like to do. You could use music or try being active with friends. There are many different types of movement you can try and variation is positive for your health and well-being. It's all about your enjoyment!

See the back pages of this brochure for more ideas

# Safety First

During your treatment and recovery, there may be times when you need to modify your choice of activity.

You should always check with your doctor or nurse before starting a physical activity or exercise program, particularly if you have had an operation.

For example, you may need to modify your activity if<sup>21</sup>:

- You have **very low iron levels** (severe anemia) – you should avoid more strenuous exercise, but may continue daily physical activity
- You have a low **ability to fight infection** (low immunity) – you should avoid public gyms or swimming pools
- You have **severe tiredness** (fatigue) – you may want to start slowly and gradually build up what you do

- You are having **radiation treatment** – you should avoid swimming
- You have a **catheter or feeding tube** – you should avoid swimming or working muscles in the area of the catheter/tube
- You have **multiple conditions in addition to cancer** – you should consider a modified program in consultation with your doctor or nurse
- You have a **loss of sensation in your hands or feet** (peripheral neuropathy) – you may want to take extra care conducting certain movements due to weakness or loss of balance.

TOP TIP

**Always remember why.** Physical activity has positive benefits for you, your family, and your friends.

# MyMove: Where to find more information

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## Digestive Cancers Europe (DiCE)

Gives a voice to people living with all types of digestive cancer (including colorectal cancer). The organization provides support for patients and caregivers.

<https://digestivecancers.eu>

## The Global Colon Cancer Association

Acts on a wide range of issues that affect colorectal cancer and general health care communities. It partners with over 40 patient organizations around the world.

<https://www.globalcca.org>

## WebMD

To find out more about mCRC, WebMD provides information on the disease, including diagnosis and tests, treatment and care, living and managing, support and resources.

<https://www.webmd.com/colorectal-cancer/default.htm>

## The European Register of Exercise Professionals (EREPS)

For patients looking for the support of a personal trainer, do ensure that the trainer meets your country's local accreditation requirements.

The European Register of Exercise Professionals (EREPS) is an independent register of instructors, trainers, and teachers working in the European health, fitness, and physical activity sector.

<https://www.ereps.eu>



# How should I move?

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## PHYSICAL ACTIVITY

Pages 14-15

There are many different types of physical activity to try. Take it day-by-day and always listen to your body.

## EXERCISE

Pages 16-24

The MyMove exercise routines are designed by a cancer and exercise rehabilitation expert. They are designed to give you increased security and confidence to undertake your daily activities.

# Physical Activity



**Listen to your body – it will tell you all you need to know:** If you find you feel or look better, gradually increase your movement. If you feel pain, discomfort, or tiredness, you should slow down or stop moving. If this continues, assess what you are doing and make adjustments.



**Get out in the garden** or go to the local park – enjoy the fresh air and sunlight!



**See lots of people.** Find friends who will move with you. You will motivate and inspire one another.



**Try a “Walking Wednesday”** – take the chance to walk a little faster than you normally would. You could even join a walking group.



**Find your local cancer support group.** Make an appointment, so you are more likely to go.



**Take a dog for a 30-minute walk** – if you don't have a dog, you could borrow one!



**Walk an extra stop** to the bus. Stand, don't sit.



# The MyMove exercise routines

Both of the MyMove exercise routines are designed to benefit all of the body's major muscle groups, to help your posture, and to build your:

- Strength
- Flexibility
- Motor skills (coordination, balance, agility)
- Range of movement

You can choose which of the two My Move exercise routines to try on a given day.



## Remember:

- Stay focused on what you are doing
- Remain in control of your movements
- Listen to your body – it will tell you all you need to know
- Progress appropriately – start slowly. When you can do more, do more!

## How to do the MyMove routines

Start with what you can manage and slowly increase the number of times you do each exercise within the routine.

When you feel able, you could try moving your body more quickly. You could also increase or decrease your rest time, as needed.

Ideally, you should aim to perform each exercise eight times before moving on to the next exercise in the routine.

Guidance for progression is provided for some exercises.

## Routine 1



### Simple squat

1. Stand tall. Feet shoulder width apart. Relax arms and shoulders.
2. In one movement, raise both arms to shoulder height while squatting down.
3. Return by lowering arms and standing tall.

1

### Open arm step

1. Stand tall. Feet hip width apart. Palms together, in front of you, at shoulder height.
2. In one movement, step back on one leg and arch arms back.
3. Return by stepping forward and returning arms to the start position. Immediately repeat on the other side, so you are alternating legs.

**Progression:** Bend knees until back knee is just above floor.



2



### Leg slide

1. Hold onto a chair. Stand tall. Feet hip width apart.
2. In one movement, slide hand down on the outside leg while bringing the opposite leg backward.
3. Return by sliding the hand up leg to stand tall. Perform all your exercises on one side, then repeat with the same number on the other side.

3

**Progression:** Bring the leg backwards and the torso forwards until the body is in a straight line from head to toe.



### Touch across

1. Stand tall. Feet shoulder width apart. One arm raised to one side. Look at your hand.
2. Keeping the raised arm straight, rotate spine and bend at the waist to touch the opposite knee. Keep looking at your hand.
3. Return by lifting your arm back to the starting position. Keep looking at your hand. Perform all your exercises on one side, then repeat with the same number on the other side.

4



### Wall press

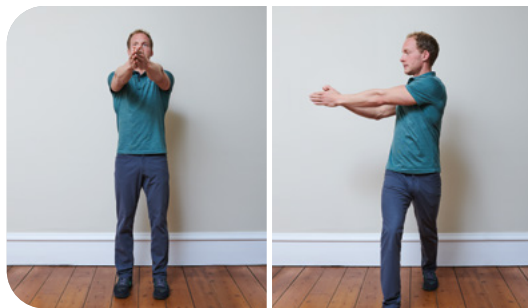
1. Stand tall and face the wall. Feet hip width apart. Put your hands on the wall so that they are on line with your shoulders. Body straight.
2. Bend elbows in a push-up motion to move your body towards the wall.
3. Extend arms to return to the starting position.

7

### Front step and turn

1. Stand tall. Feet hip width apart. Palms together, in front of you, at shoulder height. Look at your hands.
2. Step forward, then twist spine to rotate arms toward and over the front leg. Keep looking at your hands.
3. Return arms to the center of the body and step back to the starting position. Keep looking at your hands. Immediately repeat on the other side, so you are alternating direction.

5



### Leg balance

1. Stand tall. Hold onto a chair. Feet hip width apart. Balance on the leg nearest the chair.
2. Hinge at the knee to extend your leg in front of you. Perform all your exercises on one side, then repeat with the same number on the other side.

8

**Progression:** Don't hold onto the chair.



### Standing twist

1. Stand tall. Feet hip width apart. Palms together, in front of you, at shoulder height. Look at your hands.
2. Rotate through your spine and let your head follow your hands.
3. Continue a smooth rotation to opposite side. Keep looking at your hands.

6



**Rest for up to one minute. If you feel able, try to complete the routine again.**

# Routine 2



## Golf squat

1. Stand tall. Feet shoulder width apart. Clasp your hands together and raise to one side. Look at your hands.
2. In one movement, bring your arms to the center of your body while squatting down. Keep arms straight. Look at your hands and pause.
3. Bring your arms across to the opposite side while standing tall. Keep looking at your hands.

**Progression:** Squat deeper until thighs are parallel to floor.

1



## Step back

1. Stand tall. Feet shoulder width apart. Clasp your hands behind your back.
2. Step backward keeping your hands clasped behind your back.
3. Step forward to return to the starting position. Perform all your exercises on one side, then repeat with the same number on the other side.

**Progression:** Bend your knees until the back knee is just above floor.

4

## Split squat

1. Hold onto a chair. Stand tall. Feet hip width apart, one leg in front of the other.
2. Bend your knees to lower yourself towards the floor, keeping your upper body upright. Keep your weight in heel of the front foot.
3. Return by straightening your legs to the starting position. Perform all your exercises on one side, then repeat with the same number on the other side.

**Progression:** Bend your knees until the back knee is just above floor and/or do not hold onto the chair!



5

## Front arm step

1. Stand tall. Feet hip width apart. Arms and shoulders relaxed.
2. In one movement, step forward and raise arms sideways to shoulder height.
3. Return to the starting position by stepping back and, at the same time, bringing your arms back to your side. Immediately repeat on the other side, so you are alternating legs.

**Progression:** Bend your knees until the back knee is just above floor.

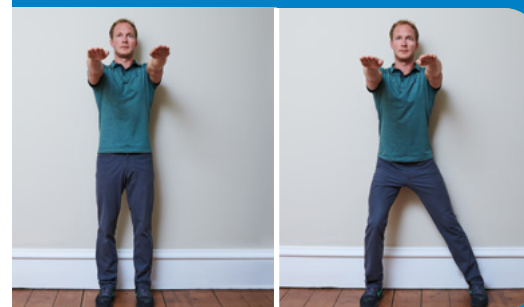


## Donkey kick

1. Stand tall. Hold onto a chair. Feet hip width apart. Balance on the leg closest to the chair.
2. Draw heel toward the buttock.
3. Return to the starting position. Perform all your exercises on one side, then repeat with the same number on the other side.

**Progression:** No chair!

3



## Sidestep

1. Stand tall. Feet hip width apart. Arms in front of you, at shoulder height.
2. Step to one side, keeping your knee and toes facing forward. Keep arms raised in front of you.
3. Step back to start position. Immediately repeat on the other side, so you are alternating legs.

**Progression:** Take a bigger step sideways.

6



### Knee circles

1. Stand tall. Hold onto a chair. Feet hip width apart. Balancing on the leg closest to the chair.
2. In one fluid movement, circle the raised knee forward, out, back, and around to the starting point.

**Progression:** No chair.

7

### Side bend front step (single-sided)

1. Stand tall. Feet hip width apart. Arms and shoulders relaxed.
2. Slide your hand down outside of your thigh. Stand upright, then step forward and raise your arms to shoulder height.
3. Return to the starting position by stepping back while lowering your arms. Perform all your exercises on one side, then repeat with the same number on the other side.

**Progression:** Bend knees until your back knee is just above the floor.



**Rest for up to one minute. If you feel able, try to complete the routine again.**



“ My training routines address all major muscle groups and movement patterns, and are designed to improve posture. The aim is to provide the essential foundation of a stronger, more supple body, which is capable of performing daily activities and other forms of exercise with confidence. ”

– Mark Wild, Fitness Trainer  
Cancer and exercise rehabilitation expert

**MyMove is part of the Support Harmonized Advances for better Patient Experience (SHAPE) initiative.** This project, which is supported by cancer experts, aims to transform the lives of people with metastatic colorectal cancer (mCRC) and their families. The SHAPE program is funded by an unrestricted grant from Servier.

### The SHAPE Steering Committee are as follows:

- **Co-Chair:** Professor Julien Taieb, HEGP, France (oncologist)
- **Co-Chair:** Professor Alberto Sobrero IRCCS, Italy (oncologist)
- Dr. Alexander Stein, University Cancer Centre, Germany (oncologist)
- Zorana Maravic, Director of Group & Project Development, Digestive Cancers Europe
- Dr. Sarah Dauchy, Unit of Psycho-Oncology, Gustave Roussy Institute, France (onco-psychologist)
- Claire Taylor, St Mark's Hospital, UK (oncology nurse)
- Klaus Meier, HKK Soltau, Germany (oncology specialist hospital pharmacist)

The MyMove program has been developed with input from Mark Wild, Fitness Trainer and cancer/exercise rehabilitation expert, London, UK

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