

# Nutrition and Physical Activity:

## Part of Your Cancer Treatment Plan



**From day one, nutrition and physical activity should be considered alongside treatment for improved outcomes.**

After a cancer diagnosis, eating well and being active can help you throughout chemotherapy, radiation and surgery. Aim to follow AICR's Cancer Prevention Recommendations during treatment.\*

### ACTIVITY CAN HELP:

- Reduce symptoms of treatment-related side effects
- Elevate mood
- Reduce anxiety and depression
- Improve sleep
- Boost energy levels and reduce fatigue
- Maintain physical functioning
- Support bone health
- Improve quality of life



### NUTRITION CAN HELP:

- Support faster healing after treatments
- Lower your risk of infection
- Support the immune system
- Build up strength and energy
- Tolerate side effects from treatments
- Maintain a healthy weight
- Replace or retain nutrients that are stored in the body
- Reduce the risk of cancer recurrence



**\*Work with your cancer health-care team to set up your personalized activity and nutrition plans.**

**Follow AICR's Cancer Prevention Recommendations after diagnosis for beneficial effects on survivorship and quality of life.**