

# Physical Exercise

Patient Education: Side Effect and Symptom Management Series



**Physical Exercise** is any body movement that is done in order to keep or improve health. There are three levels of exercise: light, moderate and vigorous.

- In **light exercise**, you do not feel short of breath. You can talk to someone during light exercise.
- In **moderate exercise**, you feel a little bit out of breath. You can still talk to someone during moderate exercise, but it may be hard.
- In **vigorous exercise**, you feel out of breath. It is very hard to talk to someone during vigorous exercise.

Include some level of physical exercise as part of your everyday life. You can exercise while standing, sitting or lying down. There is an exercise option for everyone.

\*Prior to engaging in any physical exercise you should first check with your doctor.\*

## Benefits of Exercise

- Strengthens and Tones Muscles
- Makes You More Flexible
- Improves Quality of Life
- Helps Range of Motion
- Improves Endurance
- Lowers and Manages Stress

## Examples of Exercise

- Bowling
- Dancing
- Fishing
- Playing with your pet
- Lifting Weights
- Playing Wheelchair Basketball
- Riding your Bike
- Swimming
- Walking with a friend
- Working in your Garden
- Yoga
- Stretching



📞 **Call your UNC Recreational Therapy and Child Life team member if you have any questions.**

**984-974-1000**