

## Group Exercise

Exercise helps your body build strength and endurance. Before, during, and after cancer treatment, exercise can help you in these ways:

- More energy
- Less pain
- Better rest and sleep
- More flexibility
- Less risk of falls

**Please talk with your cancer care team before starting any new exercise program.**

Many people find exercising with a group is fun. Group exercise classes with a qualified teacher can help you plan and enjoy exercising. The teachers show you the proper form for exercises in safe and effective workouts.

You need at least 150 minutes each week of activity that raises your heart rate such as walking or climbing stairs. Classes let you plan exercise time with your other daily activities. You can find classes of different lengths at different times of day to fit your schedule.

Teachers and other class members support and encourage you. You can meet people with similar goals and needs in a fun setting.

### Types of Classes

**Aerobic exercise.** These activities strengthen the heart and lungs.

- BOSU: exercise with a dome-shaped training device
- Cardio-conditioning: workouts focused on improving heart function
- Dance
- High-intensity interval training: workouts with short bursts of strong activity followed by easier ones
- Indoor cycling
- Kickboxing
- Step aerobics

**Resistance training.** This strength training improves bone and muscle health.

- Core conditioning
- Fall prevention
- Muscle conditioning
- TRX: exercises using a suspension tool, gravity, and body weight

**Mindfulness-based exercise.** These classes bring mind and body together in movement. They help improve strength and balance. They also help you relax and release stress.

- Pilates: low-impact exercises and stretches, sometimes with special equipment
- Qigong
- Tai Chi
- Yoga
- Yogalates: a combination of yoga and Pilates exercises

### What to Bring

Wear comfortable clothes and shoes that let you move easily. Some classes such as yoga may be done barefoot. Bring a water bottle and a sweat towel. The teacher usually provides all other exercise equipment needed.

### Before Class

It is a good idea to arrive a few minutes early. This will give the teacher a chance to find out what your skill level is for the type of class, and learn about any injuries or needs you have. You will sign a waiver and sign in for class.

## **During Class**

At the beginning of class, the teacher will give a summary of what to expect. Classes often have four segments:

- Warm-up
- Conditioning
- Cool-down
- Stretching

During class, the teacher will help you with proper form and technique. The teacher will also show you how to adjust the movements for your skill level.

## **For More Information**

The Linda B. and Robert B. Wiggins Wellness and Integrative Health Center at Huntsman Cancer Institute has a catalog of exercise classes and services, updated four times a year. You can get it at their office on the first floor of the cancer hospital.

You can call the Wellness Center at 801-587-4585 or visit [www.huntsmancancer.org/wellnesscenter](http://www.huntsmancancer.org/wellnesscenter).