

MOVE Mentor Resource

The benefits of movement



Evidence shows that exercise is beneficial for most people living with and beyond cancer, and safe across many cancer types and stages.

Benefits of exercise for people impacted by cancer:

- Reduces cancer-related fatigue
- Reduces risk of recurrence
- Reduces treatment side effects
- Boosts energy and improves quality of life
- Improves fitness and physical conditioning
- Reduces stress, depression and anxiety
- Builds confidence and increased self-esteem

Garcia D, Thomson C. Physical activity and cancer survivorship. *Nutr Clin Pract* 2014; 29 (6): 768–779
ang L, Courneya K, Friedenreich C. The Physical Activity and Cancer Control (PACC) framework: update on the evidence, guidelines, and future research priorities. *Br J Cancer* 2024; 131 (6): 957–969
Cancer Research UK website. *Preparing for treatment and life afterwards (prehabilitation)*.
www.cancerresearchuk.org/about-cancer/treatment/prehabilitation (accessed 3 October 2025)

The Challenge Trial

In this study, 889 people who had completed chemotherapy after surgery for bowel cancer were given either a 3-year, personalised exercise programme with the support of a personal trainer or general health education materials promoting exercise and nutrition. The structured exercise programme led to a 28% lower risk of cancer recurrence, new primary cancer, or death compared with usual care. After 8 years, the relative risk of death from any cause was 37% lower in the group given the exercise programme.

Courneya K, Vardy J, O’Callaghan C et al. Structured exercise after adjuvant chemotherapy for colon cancer. *N Engl J Med* 2025; 393 (1): 13–25.

Cancer Recurrence and Survival

The ACS’s Nutrition and physical activity guideline for cancer survivors describes preliminary data on breast cancer suggesting that physical activity may reduce the risk of recurrence by 48%.

Morishita S, Hamaue Y, Fukushima T et al. Effect of exercise on mortality and recurrence in patients with cancer: a systematic review and meta-analysis. *Integr Cancer Ther* 2020; 19: 1534735420917462
Rock C, Thomson C, Sullivan K et al. American Cancer Society nutrition and physical activity guideline for cancer survivors. *CA Cancer J Clin* 2022; 72 (3): 230–262