

# MOVE Mentor Resource

## Guidelines and Recommendations for exercising with cancer



- World Health Organization (WHO)–[WHO guidelines on physical activity and sedentary behaviour](#)
- World Cancer Research Fund–[Exercise and cancer](#)
- UK Government–[Physical activity guidelines: UK Chief Medical Officers’ report](#)
- NHS England–[The cancer strategy section of the NHS long-term plan](#)
- National Institute for Health and Care Excellence (NICE)–[Physical activity: brief advice for adults in primary care](#)
- NICE–[Physical activity: exercise referral schemes.](#)