



COIN Weight Loss Program

Survivors Keep Moving!!

Week 4:

This week you will:

- ✓ Use the COIN Approach to:
 - Increase your exercise
- ✓ Learn strategies for increasing your minutes of moderate to vigorous physical activity each week

More on the 'I' in the COIN Approach

Since starting the COIN Weight Loss Program, you have been working with your Coach to: **C**ommit to the program; **O**mit unhealthy foods/beverages and cut portions; and **I**ncrease healthy foods and aerobic exercise. To remind you, aerobic exercise is activity, like brisk walking and swimming, that:

- focuses on your heart and lungs,
- benefits your overall health and endurance, and
- promotes weight loss and weight loss maintenance.

The COIN Weight Loss Program recommends that you achieve **180 or more minutes of MVPA** each week to accomplish your weight loss goal. Please refer to the handout provided at session 1, "**Coin Weight Loss Program: Moderate to Vigorous Physical Activity (MVPA)**". Below are a number of additional benefits of increasing your exercise:

- helps with sleep, depression, anxiety and fatigue,
- reduces risk of diabetes and cardiovascular disease,
- builds strength and confidence, and
- perhaps most important to cancer survivors, reduces cancer recurrence.

This week, in addition to reviewing what is meant by MVPA, we are going to discuss strategies for increasing exercise. **Be sure to discuss any modifications you might need for exercise with your medical providers.** Also, try to avoid "calorie banking" in trackers, like MyFitnessPal. This is the tendency to increase what you eat because a tracker tells you that you've burned a certain amount of calories. In general, focus on your calorie and exercise targets SEPARATELY. Your Coach can help you identify if you are eating too few calories given your fitness level.

Strategies for Increasing Exercise

Be Realistic

- Gradually build.
- If you have been inactive, start with a 5-10 min walk and add from there.
- Remember some activity is better than no activity. And any activity is closer to 180 minutes than no activity!
- Plan to do activities that you enjoy and are most likely to do.

Plan Ahead/Reduce Barriers

- Put it on your calendar. Treat it like a doctor's appointment or work.
- Verbalize your commitment, ask someone to join you, sign up for something.
- Pack your work-out clothes, tennis shoes, gym bag, etc. in advance.

Be Safe (and Smart!)

- Exercise is safe for most cancer survivors; however, you should check with your doctor if you have any specific concerns.
- Always exercise in a safe area and make sure you can be seen.
- Invite exercise partners to join you when you exercise.
- Be aware of your environment and carry your cell phone for emergencies.
- Always ensure you are adequately hydrated in advance and keep any important medication with you.
- Stop if you feel extreme pain, shortness of breath, unusually high heart rate and/or dizziness.
 - If you do stop, try not to stop abruptly.
 - Minimally walk around at a slow pace and/or stretch, if possible.
- Try to get your 180 minutes over 3-4 or more days rather than getting it all in 1-2 days.

Remember

- Sometimes exercise will feel tiring, however, most people experience an increase in energy over time when they exercise.

Please also read the following supplemental materials and refer to the websites below.

- ACSM: Finding Your Motivation for Exercise
- Moderate to Vigorous Physical Activity (From Week 1 Supplemental Materials)
 - <https://ww5.komen.org/Breastcancer/Lackofexercise.html>
 - <https://blog.dana-farber.org/insight/2018/02/can-exercise-reduce-risk-cancer-recurrence/>