



Working Towards Wellbeing

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Pacing your activities

Tips for pacing

Take regular breaks when doing jobs around the house and when standing and walking

A short break before you are in pain or tired is much better than a long break once you are very tired or hurt.

Change your positions and activity Regularly. Alternate between sitting standing and walking

Avoid sitting in one position for a long period of time.

Make sure you get up every 20 minutes and stretch or walk for a couple of minutes

Start new activities at a level that feels comfortable. Build up slowly

Gradually increase what you can do over time. Do not push yourself too hard to begin with.

Expect setbacks - they are quite normal. Make a plan to get going again after a set back

The first step in improving your fitness after cancer is to learn to pace your activities so that you can sit less and move more without getting too tired or in pain.

Many people who are recovering from cancer find they have good days when they feel well. On these days they feel the need to get lots done. The next couple of days are often bad days when they are tired, cant do much and feel fed up and low.

Pacing helps you to do everyday activities without getting more pain or fatigue. With successful pacing, over time you will become fitter. Because you are fitter, you will be able to do more.

Pacing puts you back in control of your life.

First you need to work out how much you do in a typical day. Then work out what you want to be able to do. Fill in the chart and set your self a target. You may want to adopt the healthy lifestyle target as your long term goal

Remember to start out gently and to build up slowly

Healthy lifestyle target	What I used to do	What I can do now	My long term target
Sleeping at night 8 hours			
Resting during the day 4 hours in short spells			
Sitting (reading, TV, Computer etc.) 3 hours			
Standing or pottering about (not out of breath) 7 hours			
Doing activity where you feel slightly out of breath 60 minutes			
Doing exercise or sport			