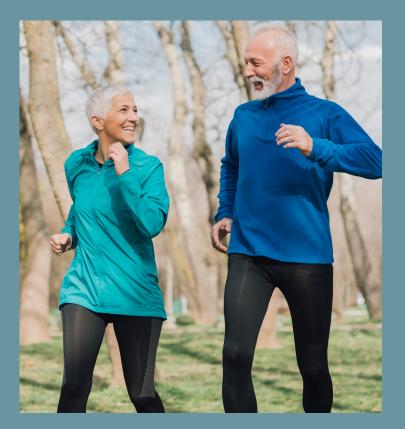
FIREFLIES FITNESS

Evidence from the CHALLENGE trial explained

Exercise in Cancer Care

This guide explains how exercise can help people living with and beyond cancer, based on the results of the CHALLENGE research study.





Why Exercise Matters in **Cancer Care**

Exercise is not just about keeping fit - it can be a powerful tool to improve your health before, during and after cancer treatment. The CHALLENGE study, a large international research trial, has shown that regular physical activity can help people live longer, reduce the risk of cancer returning, and improve quality of life.

What is the CHALLENGE study?

The CHALLENGE study (Colon Health and Life-Long Exercise Change) followed almost 900 people who had been treated for stage III or highrisk stage II colon cancer. Participants were randomly placed into two groups: one received a structured, supervised exercise program for three years, and the other received general health advice. Researchers then tracked their health over several years.

Key Findings

- · People who exercised regularly had a 28% lower chance of cancer coming back or a new cancer developing.
- · They also had a 37% lower risk of dying during the study period.





Key Findings

- · Exercise improved energy levels, reduced fatigue, and boosted mood.
- ·The benefits were similar to, or better than, some cancer medicines without the side effects.



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Evidence from the CHALLENGE trial continued

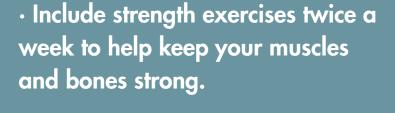
How Does Exercise Help?

- · Strengthens your immune system.
- · Reduces inflammation in the body.
- · Improves circulation and helps your body process treatment better.
- Boosts mental well-being and reduces anxiety and depression.



Tips for Getting Started

- Start slowly with activities you enjoy, like walking, dancing, or cycling.
- · Aim for at least 150 minutes of moderate activity a week, broken into manageable sessions.



- · Listen to your body and adapt your activity to how you feel.
- Speak to your medical team before starting any new exercise plan.



The Takeaway

The CHALLENGE study has shown that exercise is more than a lifestyle choice – it's a part of cancer care that can help you live longer, feel better, and stay healthier. It's never too late to start moving in a way that works for you.

For expert cancer and exercise support vist us at

