



Lung Cancer Foundation of America

Frank McKenna's 4 Keys to wellness through the cancer journey

It is important to continue a solid wellness program as we get older. It is even more important to continue or begin a wellness program when we are living with cancer. I'll outline 4 keys below to help make this journey a little more tolerable.

1

New guidelines for cancer survivors developed in October 2019 suggest moderate to intense aerobic activity at least 3 times per week for at least 30 minutes. Whatever you are able to do to raise the heart rate a bit, any activity to get the body moving and heart rate beating. No need to overdo it, whatever you are able to do such as walking, jogging, bike riding or chasing after the grandkids.

2

The guidelines also recommend resistance exercise at least 2 times per week. You may use light weights, heavier weights, bands or no weights at all. You can work your muscles with movements such as squatting, curling or pressing slow and steady with constant good form.

3

Sleep is an underappreciated value. It's not always easy to sleep or get a full night's sleep but naps count as well as just time utilized to sit or lie down and relax or meditate. Bodies go through a lot during cancer treatments, don't forget to recharge and relax.

4

Improved nutrition. No preaching about eating plans or diets just a suggestion to eat as clean as possible while getting plenty of fresh fruits and vegetables into daily meals. These foods often contain nutrients that bolster the immune system as well as gut health. While always important, this may be most important as we struggle through the current Covid - 19 pandemic.

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