Soundbite Script – Moving On from a Sedentary Lifestyle

Peggy Rogers, Nurse Practitioner, Genetics and Medical Oncology, OSF HealthCare

"I think when you are diagnosed with cancer it seems as if your world stops and you think that if you sit it's not going to progress or maybe you're going to feel better, which is so contrary to what we should be doing. We know the body can take a lot more exercise than we think we're able to do."

Peggy Rogers, Nurse Practitioner, Genetics and Medical Oncology, OSF HealthCare

"Cancer survivors are obviously deconditioned post treatment and need to build up their strength. Continuing to sit obviously does nothing for your core strength, it doesn't help build muscle mass, it just continues to weaken, and fatigue is a huge problem for many patients post treatment. It also doesn't help fight fatigue by continuing to sit."

Peggy Rogers, Nurse Practitioner, Genetics and Medical Oncology, OSF HealthCare

"Walking is easy to do. Sometimes you have to start at 10 minutes a week and work your way up to 30. It's small goals to try to get to bigger ones."

Peggy Rogers, Nurse Practitioner, Genetics and Medical Oncology, OSF HealthCare

"Certainly there are people who are deconditioned from other health problems – smoking being one of them – so we work really hard on lifestyle management as well; diet and exercise are huge. Sometimes we have to control the eating that we have done. Maybe it wasn't as healthy as it needed to be. We talk a lot about making positive choices to get you through treatment."