

# WORKSHOP G: IMPLEMENTING PHYSICAL EXERCISE IN CANCER CARE

Suggestions	Who must be involved	Who can initiate?
Increase and disseminate knowledge on all levels	Healthcare, research, educational programs	Healthcare, government, researchers, patient associations
Influence policy makers: knock on doors	Patients, healthcare, researchers	The same
Just do it – don't wait for the big money	Patients, public gyms and actors, healthcare	The same
Teamwork and communication within and outside healthcare	Patients, public gyms and actors, healthcare	The same
Individualized physical activity!	Healthcare, patients, public gyms and actors	Healthcare staff, actors outside healthcare, patients

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	How will this: ...contribute to more <u>efficient</u> cancer care?	... contribute to more <u>equal</u> cancer care?	... improve the individual patient's <u>quality of life</u> ?	... influence which <u>health decisions</u> the patient and her kin can make?
Implementing PE in cancer care	Improve treatment efficacy, cancer outcomes and quality of life	Cheap and low-tech, adapted to local situation	Less symptom burden, improved participation and economic situation	This is a health decision! Appeals to the healthy sides of patients! Patient can influence own situation.