

SAFE Cancer+Exercise Guidelines:

Stop exercising if:

- Basal temperature of $>38^{\circ}\text{C}$
- Hemoglobin level is $<80\text{g/L}$
- Neutrophil count $<0.5 \times 10^9$ microliter
- Platelet count $<50 \times 10^9$ microliter
- Angina or severe dizziness

Caution* with:

- Bone metastasis, osteoporosis, metastatic cancer, post-surgery, ostomy, complex health history limiting exercise ability
- Resting Heart Rate > 110 BPM
- BP diastolic <45 mmHg or > 110
- Extreme fatigue or pain
- Severe nausea

*Seek clinical support from a physician or cancer physiotherapist

