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15 Ways to Reduce Cancer-Related Fatigue

A Practical Guide to Energy, Movement and Recovery

By Linda T. Gottlieb, MA, CPT, CET
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Cancer-related fatigue is one of the most common and frustrating side effects experienced during and after treatment. Unlike normal tiredness, this type of fatigue can persist even after rest and can affect both physical and emotional wellbeing.

Research in the growing field of Exercise Oncology shows that appropriate physical activity can help reduce fatigue, improve mood, and restore strength during and after cancer treatment.

Below are simple, practical strategies that many patients and survivors use to regain energy and rebuild confidence in their bodies.

Move Your Body

- Take short daily walks, even 5–10 minutes at a time.
- Break up long periods of sitting with light movement.
- Add gentle strength exercises to maintain muscle.
- Stretch regularly to keep joints mobile.
- Start small and increase activity gradually.

Support Your Energy

- Stay well hydrated throughout the day.
- Prioritize sleep and consistent rest times.
- Eat balanced meals to stabilize energy.
- Plan activities during your best energy hours.
- Use pacing—alternate activity with rest.

Protect Your Strength

- Always work with your medical team before starting new exercise.
- Consider supervised exercise with a qualified professional.
- Listen to your body and adjust intensity as needed.
- Move with others when possible, for motivation (your family and friends always want to help)
- Celebrate small improvements and stay consistent.

About Linda Gottlieb

Linda T. Gottlieb, MA, CPT, CET is a fitness and behavior-change coach with more than four decades of experience helping adults build strength, mobility, and confidence through sustainable exercise.

She is one of the first Certified Cancer Exercise Trainers in Connecticut and has worked with the Yale School of Public Health Exercise and Cancer research team supporting studies exploring how physical activity improves quality of life for cancer survivors.

Her philosophy is simple: Getting older doesn't have to suck. Move your body, improve your life.