

# Tips to manage fatigue

## Nourish Spotlight

### FATIGUE

Cancer-related fatigue is different from the regular fatigue everyone experiences from time to time; it is usually more severe, lasts longer, and can make it hard to get through your daily activities. Resting more or doing less does not make it go away. Here are some tips that may help to reduce fatigue:

#### ✓ FUEL UP AT REGULAR INTERVALS.

Eating every few hours gives your body a constant source of energy.

#### ✓ INCLUDE A SOURCE OF CARBOHYDRATE AND PROTEIN WITH ALL MEALS AND SNACKS.

Eat energy-dense and protein-rich foods for longer lasting fuel for your body.

*Ask your healthcare team about meeting with a registered dietitian if you have trouble eating enough and/or are unintentionally losing weight.*

#### ✓ STAY WELL HYDRATED. Aim for at least 6 to 8 cups (1.5 to 2 L) of fluids every day.

#### ✓ SEE HYDRATION TIPS CARD for ideas on how to stay well hydrated.

#### ✓ STAY ACTIVE. It's been proven that exercising regularly is the best strategy to help reduce cancer-related fatigue. A good exercise program includes three types of activity. [BOX 1](#) [BOX 2](#)

#### Box 1: What exercise do I need?

	Aerobic (Cardio)	Resistance (Strength)	Stretching
<b>Examples</b>	Walking, jogging, cycling, swimming	Lifting weights, doing pushups and sit-ups, using resistance bands	Stretches, yoga, qi gong, tai chi
<b>Why it helps</b>	Strengthens your heart and lungs Lowers your risk of diseases like diabetes and heart disease	Maintains and builds strong muscles	Keeps your muscles and joints flexible and prevents stiffness

#### Box 2: How much exercise do I need?

##### You exercised before starting cancer treatment?

Try to stay as active as possible while reducing the intensity or duration of your physical activity as needed.

*It is recommended to talk to your doctor before starting any kind of exercise program. You can also talk to your healthcare team to find out about exercise programs designed for cancer patients that may be available at hospitals or in your community.*

##### You did not exercise?

Start slowly and gradually build up the time and intensity of your workouts and remember every little bit counts!

# Spinach Frittata Muffins

## Ingredients

- 4 eggs
- ¼ cup diced red onion
- ¼ cup diced red bell pepper
- ½ cup chopped spinach
- 6 cherry tomatoes, cut in halves
- ½ teaspoon dried rosemary
- 2 tablespoons grated cheddar cheese
- ½ teaspoon olive oil
- Salt and pepper to taste

## Preparation

1. Preheat oven to 375°F.
2. Crack the eggs into a bowl and whisk them.
3. Add onion, bell pepper, spinach, tomatoes, rosemary and cheese to the eggs and season with salt and pepper.
4. Grease 6 muffin cups with cooking spray or use liners.
5. Distribute the egg mix among 6 compartments.
6. Bake for 10-20 minutes or until the eggs are set.

Store leftover muffins in the fridge for a few days or freeze them. Reheat in oven or microwave.



## Links to patient resources

- 🔗 [How to manage fatigue](#)
- 🔗 [About cancer-related fatigue](#)

### ENDORSED BY

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### DISCLAIMER

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