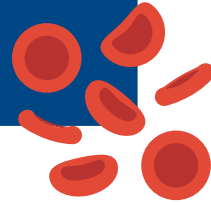


# Haemoglobin and exercise



## What is Haemoglobin?

Haemoglobin (Hb) helps your red blood cells to carry oxygen from your lungs to the rest of your body.

## What is the normal level for Haemoglobin?

The normal level of haemoglobin is 115 - 165 g/l. It is common to have lower levels of haemoglobin with a cancer diagnosis and when receiving cancer treatment. Your recent blood test will show what your current level is. You can then use the information below to choose which type of exercise is best for you.

## What are the common side effect of low haemoglobin?



Light Headed

Out of breath



Fatigue



## How and when should I exercise?



Reduce the intensity of your workout if you experience any of the above symptoms. If the symptoms continue, stop exercising.



Avoid excessive exercise (for example strengthening or high intensity workouts) if your haemoglobin is lower than 85 g/l. If your haemoglobin is consistently low, be led by your symptoms.



If your haemoglobin is on the lower side of normal, choose lower intensity and shorter workouts. You could try yoga or walking if your symptoms are well controlled.