

Download Exercise And Cancer Survivorship Impact On Health Outcomes And Quality Of Life 1st Edition

Exercise and Cancer Survivorship: Impact on Health Outcomes and Quality of Life explores the impact of a physically active lifestyle on health outcomes that are highly relevant to cancer patients ...John Saxton · Amanda Daley Editors Exercise and Cancer Survivorship Impact on Health Outcomes and Quality of Life 123Exercise and Cancer Survivorship: impact on health outcomes and quality of life (John Saxton and Amanda Daley, editors)Evidence suggests that regular exercise participation during and after cancer treatment is associated with higher levels of physical functioning, reduced feelings of fatigue and improved health-related quality of life. Studies have also shown that a physically active lifestyle can protect against cancer mortality.