



Cancer Fitness: Exercise Programs for Patients and Survivors

Anna L. Schwartz

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Increase your survival odds by creating and following an exercise program that counteracts the side effects of your treatment, speeds your recovery, and reduces your risk of recurrence.

Most cancer patients and survivors think that "rest" will decrease their fatigue and speed their recovery. But in fact, rest can make patients weak and debilitated during treatment and may prolong hospitalization. Based on Dr. Anna Schwartz's research and her life's work as a nurse and a coach, *Cancer Fitness* offers cancer patients and survivors comprehensive advice and an easy step-by-step program to begin improving their physical and emotional health and reclaiming their lives beyond cancer.

Through exercise, patients will regain some control over their body, manage side effects more successfully, and increase their body's ability to heal. *Cancer Fitness* provides clear directions to safely start an exercise program, and the tools to make exercise a long-lasting lifestyle change to heal body and soul.

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Deanna Jackson:

A lot of people always spent their very own free time to vacation or even go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you would like try to find a new activity this is look different you can read a book. It is really fun for you. If you enjoy the book that you simply read you can spent the whole day to reading a publication. The book Cancer Fitness: Exercise Programs for Patients and Survivors it doesn't matter what good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In case you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book possesses high quality.

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