



Exercises for Cancer Wellness: Restoring Energy and Vitality While Fighting Fatigue

William Smith

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IMPROVE YOUR ENERGY AND STRENGTH WITH EXERCISE

Exercise helps to build a stronger, healthier you, better suited to combat the symptoms and side effects associated with cancer and its treatments.

Exercises for Cancer Wellness is your guide to making positive life changes during and after cancer treatment, helping to lessen the risks of recurrence or relapse, while increasing your strength and energy.

Exercises for Cancer Wellness is fine-tuned to improve your fitness without strain, pain and stiffness. With a focus on gentle resistance exercises, flexibility, and cardiovascular activities, you will find yourself feeling better each day, as your strength increases and your fatigue decreases.

Exercises for Cancer Wellness includes:

- A detailed overview of how exercise can help reduce your risk factors
- Clear, informative pictures of safe, effective exercises
- Detailed instructions on how to perform each movement
- A complete fitness approach to reduce stress and improve health
- A training log to track your progress

Leveraging a wide spectrum of proven-effective exercise techniques, from resistance training to yoga, *Exercises for Cancer Wellness* provides an excellent resource for all patients.

From the Trade Paperback edition.

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