

Benefits of exercise for the cancer survivor



For many people going through cancer treatment, the thought of increasing activity when exhausted may seem intimidating and counterintuitive. However, repeated research studies have shown exercise before, during, and after cancer treatment is safe and beneficial. Some of the numerous benefits of exercise for the cancer survivor include:

- > Improves ability to maintain as much independence as possible throughout treatment and beyond.
- > Counteracts weight loss, muscle weakness, and loss of flexibility that can be side effects of some cancer treatments.
- > Improves self-esteem and decreases stress.
- > Improves quality of life.
- > Decreases symptoms of cancer related fatigue and improve cardiovascular endurance.
- > Improves longevity and may decrease risk of cancer recurrence.
- > Improves balance and decreases fall risk.
- > Stimulates bone mass.
- > New studies support the thought that exercise can even improve the effects of chemotherapy treatment.

Before starting an exercise program, you should speak to your doctor.

Not sure which exercise to do or how much? Contact a physical therapist who specializes in rehabilitation of the cancer survivor at McLaren Oakland's Clarkston location at (248) 922-6820 for an individualized program. You will need a doctor's referral to work one-on-one with a physical therapist.