



ACSM s Guide to Exercise and Cancer Survivorship (Hardback)

By ACSM, Melinda L. Irwin

Human Kinetics Publishers, United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. This title offers help and advice for cancer survivors. Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. As a result, more clinicians and oncologists are recommending exercise as a strategy for reducing the side effects of treatment, speeding recovery and improving overall quality of life. In turn, cancer survivors are seeking health and fitness professionals with knowledge and experience to help them learn how to exercise safely within their capabilities. With ACSM s Guide to Exercise and Cancer Survivorship , they can provide safe exercise programmes to help cancer survivors improve their health, take proactive steps toward preventing recurrences and enhance their quality of life. It is a valuable reference for health and fitness professionals and medical personnel such as personal trainers, fitness specialists and physiotherapists working with cancer patients and cancer survivors.

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Reviews

This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.

-- Friedrich Lynch DDS

Complete guideline! Its such a excellent read. This really is for all who statte there had not been a worth studying. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Timothy Lynch