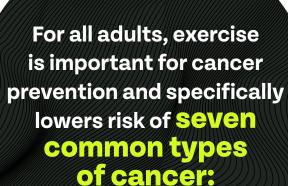
Exercise For Cancer Prevention and Treatment



colon cancer





breast cancer



endometrial cancer



stomach cancer





bladder cancer



Exercising during and after cancer treatment:

- · decreases fatigue, anxiety and depression
- · improves physical function and quality of life
- · does NOT exacerbate lymphedema



For cancer survivors, incorporate exercise to improve survival after a diagnosis of breast, colon and prostate cancer





Citation: http://bit.ly/moving-through-cancer