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ACSM's Guide to Exercise and Cancer Survivorship

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ACSM's Guide to Exercise and Cancer Survivorship presents the science behind the benefits of exercise for cancer survival and survivorship as well as the application of that science to the design or adaptation of exercise programs for cancer patients and survivors. Developed by the American College of Sports Medicine (ACSM), this authoritative reference offers the most current information for health and fitness professionals working with survivors of many types of cancers.

Dr. Melinda L. Irwin has assembled a team of the most respected experts in the field of exercise and cancer survivorship. With an emphasis on practical application, the text discusses the following:

• Incidence and prevalence of the most common cancers

• Common cancer treatments and side effects

• Benefits of exercise after a diagnosis of cancer

• Exercise testing, prescription, and programming

• Nutrition and weight management

• Counseling for health behavior change

• Injury prevention

• Program administration

This guide presents evidence-based information to assist health, fitness, and medical professionals in using exercise to help cancer survivors with recovery, rehabilitation, and reducing the risk of recurrence. Throughout the text, readers will find quick-reference Take-Home Messages that highlight key information and how it can be applied in practice. Chapters also include reproducible forms and questionnaires to facilitate the implementation of an exercise program with a new client or patient, such as physician's permission forms, medical and cancer treatment history forms, weekly logs of exercise and energy levels, medication listings, and nutrition and goal-setting questionnaires.

In addition, *ACSM's Guide to Exercise and Cancer Survivorship* discusses all of the job task analysis points tested in the ACSM/ACS Certified Cancer Exercise Trainer (CET) exam, making this the most complete resource available for health and fitness professionals studying to attain CET certification. Each chapter begins with a list of the CET exam points discussed in that chapter. A complete listing is also included in the appendix. As both an essential preparation text for certification and a practical reference, *ACSM's Guide to Exercise and Cancer Survivorship* will increase health and fitness professionals' knowledge of the benefits of exercise after a cancer diagnosis as well as the specifics of developing and adapting exercise programs to meet the unique needs of cancer survivors.

Evidence has shown that physical activity has numerous health benefits for cancer patients and survivors. 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*, health and fitness professionals can provide safe exercise programs to help cancer survivors improve their health, take proactive steps toward preventing recurrences, and enhance their quality of life.

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A lot of people always spent their particular free time to vacation or maybe go to the outside with them family members or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that is look different you can read a new book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a guide. The book ACSM's Guide to Exercise and Cancer Survivorship it doesn't matter what good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore easily to read this book from a smart phone. The price is not to cover but this book has high quality.

Charles Bax:

Playing with family in the park, coming to see the water world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love ACSM's Guide to Exercise and Cancer Survivorship, you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't get it, oh come on its called reading friends.

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