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### **Acsm's guide to exercise and cancer survivorship**

Provides tools for offering safe exercise programs to help cancer survivors improve their health, The elements of fitness include agility, speed, coordination,

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Become an ACSM/ACS Certified Cancer Exercise Trainer, & use your knowledge to develop exercise programs for clients making life changes caused by cancer.

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Cancer Fitness: Exercise Programs for Patients and Survivors. Anna L. Schwartz. Fireside, 2004.

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Talk with your cancer team about the kind of exercise you can do to help reduce tiredness and give you more energy. Programs & Services; Breast Cancer Support;

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### **Exercise is key to better health in cancer**

Special classes and trainers can help cancer survivors regain fitness and offers a cancer exercise trainer exercise program specifically for

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Author: Anna L. Schwartz, Title: Cancer Fitness: Exercise Programs for Patients and Survivors (Paperback), Publisher: Touchstone, Category: Books, ISBN: 9780743238014

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Developed by Cancer Exercise Specialist and author of Essential Exercises for Breast Cancer The BCRBS program was designed for health and fitness

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