

Download Acsm's Guide To Exercise And Cancer Survivorship

Acsm's Guide to Exercise and Cancer Survivorship ...

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.

ACSM's Guide to Exercise and Cancer Survivorship – Human ...

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.

ACSM's Guide to Exercise and Cancer Survivorship

Provides tools for offering 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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ACSM's Guide to Exercise and Cancer Survivorship

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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.

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