

This Pathfinder may be useful in finding information about physical activity and exercise for people with cancer.

## Resources

### Books

**Active Against Cancer: A Guide to Improving Your Cancer Recovery with Exercise** by Nancy S. Brennan. Courage Mountain Press (2011). ISBN: 978-0983460107

**Exercises for Cancer Survivors** by Carol Michaels and Maria Drozda. Friesen Press (2018). ISBN: 978-1460233900

**The Breast Cancer Survivor's Fitness Plan: A Doctor-Approved Workout Plan For a Strong Body and Lifesaving Results** (Harvard Medical School Guides) by Carolyn Kaelin and Francesca Coltrera. McGraw-Hill; 1 edition (2006). ISBN: 978-0071465786

**Cancer Fitness: Exercise Programs for Patients and Survivors** by Anna L. Schwartz. Touchstone (2004). ISBN: 074323801X

### Websites

**American Cancer Society** – Every few years, the ACS publishes guidelines to help cancer survivors. The 2012 version is titled **American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention**. Go to [cancer.org](http://cancer.org). In the search box, type Guidelines Physical Activity. Click on the first one listed. You can read it online, or click on the PDF version to print it.

**National Cancer Institute** – Physical Activity and Cancer. This cancer fact sheet looks how physical activity has a positive effect on some cancers. Go to [cancer.gov](http://cancer.gov). In the search box, type Physical Activity and Cancer, then click on it from the list.

**American Institute for Cancer Research** – This website offers information online and in print. You can order booklets and brochures for free. Go to [aicr.org](http://aicr.org). Put the cursor on “Reduce Your Cancer Risk.” From the list, click on “Materials for Cancer Patients and Survivors.” Scroll down through the choices.

**Live Strong** – There are two websites with health information for cancer prevention and cancer survivors. Go to [livestrong.com](http://livestrong.com) for articles on topics related to physical activity and cancer. Type in the topic in the search bar. For more specific information for cancer survivors, go to [livestrong.org](http://livestrong.org).

This Pathfinder is a suggested list of resources and is not meant to be used as a substitute for medical advice or professional counseling. If you have any questions, please talk to your doctor.