



# ACSM's Guide to Exercise and Cancer Survivorship

By Melinda Irwin

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## ACSM's Guide to Exercise and Cancer Survivorship By Melinda Irwin

*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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*"Concise chapters cover descriptions of cancer to understanding how it doesn't need to be a limiting factor in exercise participation. The book does an excellent job of providing real-life examples and demonstrating how the recommendations can be implemented in everyday practice."*

**--Doody's Book Review**, 5-star review

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