

The Benefits of Exercise in Cancer Care

CURRENT INFORMATION ON EXERCISE AND WELLNESS

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IS EXERCISE THE PREMIERE COMPLEMENTARY CANCER PROGRAM?



Current research from the University of Wisconsin has mirrored what other research projects have been touting for the the past few years. Exercise is one of the best ways to improve quality of life in most cancer patients and survivors.

Most sports medicine studies have shown between a 20-40% improvement in depression scores, mood elevation, self efficacy, and pain management by virtue of participating in a group exercise supervised program at a local hospital, YMCA, JCC, health club, or clinic.

What are some of the areas of exercise instruction and participation that patients need to concentrate on in order to maintain a successful and long term program?:

- **Group exercise is preferable.** The University of Wisconsin report was successful in part because patients were able to work out together. This is a VERY important part of a quality program.
- **Having instruction.** Personal trainers, wellness directors, exercise physiologists, therapists who work in wellness programs have the knowledge to develop programs that are safe and effective.
- **Exercise should have many components.** Patients who perform strength training, aerobics, range of motion (stretching), and relaxation as part of their total exercise program improve their fitness levels dramatically. Look for programs that offer Yoga, T'ai chi, water therapy as well as just machines.
- **Fill out your forms!** Your instructor should be filling out information on how your exercise program is working for you. This is important for physician feedback, progression in your program, and perhaps for insurance reasons. Patients should fill out fitness and quality of life data pre-exercise, at the end of the first 10 weeks, and one-year follow ups.



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