Cancer survivors face many challenges as a result of their cancer diagnosis and treatment, most importantly the maintenance of physical well-being. Nurses and other health professionals strive to address the needs of cancer survivors, including providing appropriate health-promotion information for a physically active lifestyle. Cancer survivors are at greater risk for recurrence and for developing second cancers because of treatment effects, unhealthy lifestyle behaviors, or risk factors that contributed to the first cancer. In light of those concerns, guidelines aimed at understanding and preventing secondary disease, recurrence, and the late and long-term effects of treatment are essential.

Exercise Guidelines for Adults With Cancer: A Vital Role in Survivorship

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