



Exercises for Cancer Survivors

Carol Michaels, Maria Drozda

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Exercises for Cancer Survivors Stretching and Strength Training Some cancer survivors are under the impression that inactivity will decrease fatigue and speed recovery. However, exercising during and after cancer surgery and treatments is helpful for one's physical and mental well-being. This book will show you how to improve your recovery. Carol Michaels has over 17 years of experience as a fitness professional and as a cancer exercise specialist. During this time, she has worked with hundreds of cancer patients. Recovery Fitness® was developed from data collected from her fitness training practice and the collaboration of many health professionals. The Recovery Fitness® cancer exercise program is a recommended and empowering method for cancer patients. Praise for Exercises for Cancer Survivors Fitness & Cancer: Helping the Recovery Process "After breast cancer surgery, I advise my patients to take steps in a positive direction and improve their emotional, spiritual and physical health. Our physical bodies carry us through this life and are intimately connected to our emotional and spiritual health. We cannot heal one without the others. I personally have changed my life for the better by starting and maintaining a regular exercise program. Part of my responsibility as a healer is to inspire my patients to take care of their own bodies after breast cancer treatment. Carol Michaels's sensitive and personal approach to cancer recovery fitness has helped so many of my patients achieve wholeness and the ability to be optimistic about life again. This is a vital part of the recovery process." Nancy Elliott, MD, FACS Director, Montclair Breast Center A portion of all profits from sales of this book will be donated to charities.

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