



## Tower Cancer Research Foundation

*News Brief  
July 27, 2010*

### ***Exercising with Cancer***

***In contrast to past advice for cancer patients to rest and avoid activity, an expert panel now advises that exercise is safe during and after cancer treatment. The panel recommended careful individual medical assessment in the selection of the proper safe exercises. However, once professionals agree on a suitable exercise program, improved physical functioning and quality of life, as well as less cancer-related fatigue were highly beneficial results.***

**Reference : Schmitz K., Ligibel J., ASCO 2010**

**[Access Full Article](#)**