WHAT IS CANCER?
Cancer is **uncontrolled growth** of some cells in the body.
Cancer cells invade healthy tissues in the same area or other areas of the body.
Cancer cells make it difficult for the body to function as it should.

Ats’íís bitł́óól dah díníísééh áádóó ba’át’e’ hóló yileeh, doo bééhózingóó díníísééh. Hats’íís biyi’di łahgo hazhó’ó hats’íís nooséél dóó hasht’e náá’nííł yéé t’óó bitahjigóó díníísééh. Bee hats’íís nízhónígo hááadoo’nííł yéé doo hazhó’ó naalnishda silíí’.  

SHOULD I EXERCISE DURING / AFTER CANCER?

- **Return to normal activities as soon as possible after surgery.**
- **Work on resistance and flexibility exercises.**
- **Avoid Inactivity!!**
- **Seek medical advice for individual prescription.**
- **Exercise is safe during and after most treatments.**
- **Start slowly & Listen to your body.**
- **Exercises maintains function, quality of life, and ↓ fatigue.**

LOCAL RESOURCES

North Country Healthcare | Flagstaff (928) 522-9400 | Kingman (928) 718-4500 | Holbrook (928) 524-7200
Navajo Nation Breast and Cervical Cancer Prevention Program | Window Rock (928) 871-6348
Cancer Resource Center · Cancer Center of Northern Arizona | Flagstaff (928) 773-2261
Arizona Oncology Associates | Flagstaff (928) 773-2260
American Cancer Society | Flagstaff (928) 526-3800
University of Arizona Cancer Center | Phoenix (602) 406-8222
Tucson (520) 694-2873