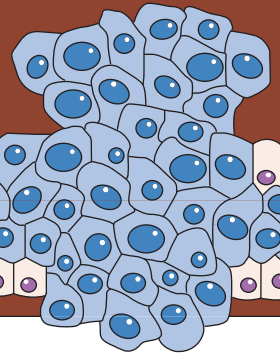


CANCER & EXERCISE



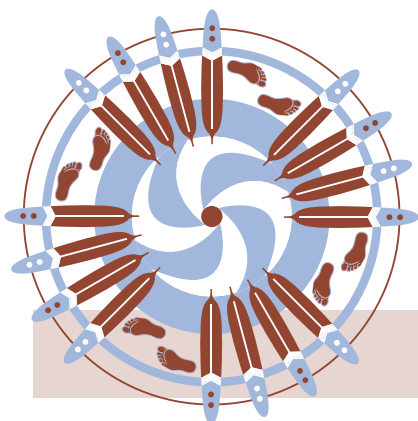
WHAT IS CANCER? Cancer is **uncontrolled growth** of some cells in the body. Cancer cells invade healthy tissues in the same area or other areas of the body. Cancer cells make it difficult for the body to function as it should.

Ats'íís bitł'óól dah díníisééh áádóó ba'át'e' hóló yileeh, doo bééhózingóó díníisééh. Hats'íís biyi'di lahgo hazhó'ó hats'íís nooséél dóó hasht'e náá'níł yęę t'óó bitahjigóó díníisééh. Bee hats'íís nizhónigo háádoo'níł yęę doo hazhó'ó naalnishda silíí'.

SHOULD I EXERCISE DURING / AFTER CANCER?



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



LOCAL RESOURCES