CANCER & EXERCISE

WHAT IS

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?** Cancer cells make it difficult for the body to function as it should.

Ats'íís bitł'óól dah díníísééh áádóó ba'át'e' hólo yileeh, doo bééhózingóó dínísééh. Hats'íís biyi'di łahgo hazhó'ó hats'íís nooséél dóó hasht'e náá'nííł yée t'óó bitahjigóó díníísééh. Bee hats'íís nizhónígo háádoo'nííł yée doo hazhó'ó naalnishda silíí'.

SHOULD I EXERCISE DURING / AFTER CANCER?

Return to normal activities as soon as possible after surgery

Avoid Inactivity!!

Exercise is safe during and after most treatments.

Start slowly & Listen to your body

Work on resistance and flexibility exercises

> Seak medical advice for individual prescription

Exercises maintains function, quality of life, and **I** fatigue

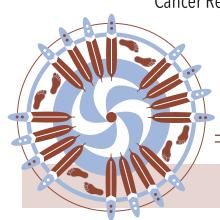
North Country Healthcare | Flagstaff (928) 522-9400 | Kingman (928) 718-4500 | Holbrook (928) 524-7200 Navajo Nation Breast and Cervical Cancer Prevention Program | Window Rock (928) 871-6348 Cancer Resource Center - Cancer Center of Northern Arizona | Flagstaff (928) 773-2261

Arizona Oncology Associates | Flagstaff (928) 773-2260

American Cancer Society | Flagstaff (928) 526-3800

University of Arizona Cancer Center | Phoenix (602) 406-8222

Tucscon (520) 694-2873



LOCAL RESOURCES