



HEALTH BENEFITS OF EXERCISE REPORT

EXERCISE IMPROVES HEALTH RELATED QUALITY OF LIFE FOR CANCER PATIENTS – FROM DIAGNOSIS THROUGH TREATMENT



A study in the peer-reviewed journal *Oncology Nursing Forum* reviewed existing literature to determine the

association between moderate to vigorous exercise programs and quality of life among cancer patients. The authors looked at 56 clinical studies including over 4,800 people.

The results showed that people who participated in an exercise program had better health related quality of life, physical and social functioning, and experienced less fatigue than those who did not participate in exercise. Evidence from this study and previous research supports the inclusion of exercise interventions into cancer treatment. Health clubs are well suited to provide safe, supportive environments for cancer patients to exercise, and some currently offer programs for those dealing with cancer.

YOGA IS SAFE AND EFFECTIVE FOR PREGNANT WOMEN

A study in the *American Journal of Perinatology* looked at current research to determine the safety and effectiveness of yoga alone and compared to other exercises in

producing positive pregnancy outcomes. This review evaluated ten randomized controlled trials (RCT).

Findings of this study indicate that women who performed yoga during pregnancy saw lower rates of small gestational age and prenatal disorders, and experienced less pain and stress during pregnancy. The review also showed that yoga is safe for women with depression or high risk of depression, and women with lumbopelvic pain. Finally, the authors concluded that yoga was more effective than walking or other usual prenatal exercises.

EXERCISE CAN REDUCE THE INCREASED RISK OF CANCER AMONG PEOPLE WITH DIABETES



Although diabetes is associated with an increased risk of cancer, a study conducted in Norway and published in the

Journal of Diabetes Complications followed 73,726 people over an average of 22 years. The study aimed to determine whether or not exercise and fat stores modify the increased cancer risk associated with diabetes.

The authors found no link between diabetes and cancer among people who reported more physical activity – greater than two hours per week – or were of normal weight. However, the authors did find an association between diabetes and cancer among those who exercised less than two hours a week or who were overweight or obese based on their body mass index.

SOURCES

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