For cancer survivors, physical activity plays an integral role in alleviating symptoms and side effects, reducing fatigue, promoting cognitive function, and improving overall outcomes and quality of life. But despite the evidence supporting the benefits of physical activity and exercise, many survivors find making this lifestyle change intimidating or overwhelming. And healthcare professionals may underestimate the positive impact that physical activity can have on patients during and following cancer treatment.

Integrating Physical Activity Into Cancer Care: An Evidence-Based Approach provides essential resources to encourage and support patients to engage in appropriate levels of exercise and physical activity throughout the cancer trajectory. Chapters highlight the benefits of physical activity in different types of cancer, strategies to assess patient motivation and readiness, ways to evaluate exercise tolerance and adherence, and resources and support groups for patients, caregivers, and healthcare professionals.