



Exercise as cancer treatment +

Urban Goddess Top 6 Fun Ways To Prevent Cancer Through Exercise

Evidence seems to support the benefits of exercise as a treatment for cancer. Several studies have examined the relationship between exercise, rehabilitation and quality of life in cancer patients and reported positive findings.

Studies have followed women undergoing breast cancer treatment who added moderate exercise to their treatment regimen. In most studies women exercised at a moderate intensity (60-85% maximal heart rate) for twenty to thirty minutes, 3 times per week from 4 to 12 weeks.

These studies have found that overall, exercise had a positive effect on physical and psychological functioning of cancer patients while in treatment.

Benefits include:

- decreased body fat
- increased lean muscle mass
- decreased nausea and fatigue
- improved natural defense mechanisms
- improved sense of control
- improved mood
- improved self-esteem
- self reported improved quality of life

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1. Walking

Walking has many health benefits, such as cancer and other disease prevention. Instead of using the treadmill, walk outdoors.

2. Yoga

If you have never done Yoga before, why not start a beginners' class? Yoga is a great physical activity and is a great stress reliever.

Try a Yoga Class at In Motion Lifestyle Centre www.inmotionlifestyle.com.au



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3. Join A Group Exercise Class

Group classes offer social and moral support; group camaraderie and will keep you motivated.

Try a group exercise session with Urban Goddess. Offering BoxFIT, BodyFIT, BeachFIT, SurfFIT, KayakFIT, 50+FIT & StretchFIT sessions for all ages and fitness levels.

www.urbangoddess.com.au

4. Swimming

Swimming is an excellent form of exercise! You workout out all muscles of the body, and it can be very cardiovascular.

Try an Ocean Pool www.nswoceanbaths.info

5. Hiking

If you love the outdoors, hiking is for you! The scenery alone makes hiking worthwhile. Try a Guided Hike in the Royal National Park

www.royalcoastwalks.com.au

6. Cycling

Hit the outdoors with a traditional bicycle choose either a flat and easily meeting the 30 minutes/5 days a week goal.

Try a guided ride through the Royal National Park www.chainreactionbicycles.com.au

For more information on Urban Goddess and the personal and group training programs for Women please visit www.urbangoddess.com.au or phone Melisa George on 0418 865429.



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