Cancer and exercise for the ageing population - Exercise as a critical component of integrative oncology

Research for years now has consistently told us that exercise and physical activity along with healthy nutrition are our best allies in efforts to prevent cancer. Research is growing exponentially showing us that they are also key partners in cancer recovery & remission. Physical activity plays a major role in cellular health, cancer prevention, and reduction of inflammation. It has a powerful role in prevention and recovery from all of our chronic illnesses, heart disease, arthritis, depression, diabetes and yes most cancers. The importance of cardio respiratory, strength, flexibility training and incorporating all of them into the client's daily life with encouragement, humour are critical to the viability and reality of success. Exercise can be a greater challenge to ageing populations in terms of musculoskeletal challenges as well as motivation and adherence. Designing the right exercise & physical activity program for each client, balancing the many demands will be addressed. Other factors to be addressed: type of cancer, other medical challenges, previous experience with exercise and client motivation.

Biography
Andrea Leonard (President CETI) & Shira Litwack are both trainers specializing in those with medical challenges. The Cancer Exercise Training Institute was established in response to growing need to provide scientifically-based, current information on exercise therapy as critical component of cancer recovery. They both have many years of success working with exercise for cancer recovery.