



Benefits of Exercise

We can all benefit from regular exercise. Science has provided the evidence that exercise improves heart function, lung capacity and can help fight obesity. “Be active, stay active” is the advice given by many health providers. The same benefits apply after a cancer diagnosis. The potential role of exercise to improve long-term health as well as decrease the risk of a cancer recurrence is the subject of ongoing studies. Cancer treatment places an incredible amount of stress on the body, both physically and mentally. Exercise can help manage anxiety and decrease some of the side effects of treatment.

BENEFITS OF REGULAR EXERCISE

- Improve heart function; decrease the risk of cardiovascular disease
- Improve respiratory function
- Increase muscle strength and endurance
- Increase energy and fight fatigue
- Help maintain a healthy weight
- Improve bone density
- Bolster the immune system (blood counts)
- Improve mood, concentration and sleep
- Benefit the endocrine system (decrease risk of adult onset of diabetes, insulin resistance)

The Living Well Program supports cancer patients and their families through programs centering on the mind (spiritual care, relaxation, creative expression and art therapy); body (exercise, nutrition, healthy living); and well being (support groups and social services).



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Living Well
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