

Free Resources

ACSM's *Certified News*, April - June 2007 Issue - www.acsm.org/certifiednews

The American Cancer Society www.cancer.org

<http://riskfactor.cancer.gov/areas/weight/>

<http://www.cancer.gov/cancertopics/factsheet/Risk/obesity>

<http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition>

<http://www.cancer.gov/cancertopics/chemotherapy-and-you>

<http://www.cancer.gov/cancertopics/factsheet/Detection/staging>

<http://www.cancer.gov/cancertopics/factsheet/Sites-Types/metastatic>

Oncology Nursing Society

<http://www.ons.org/clinical/prevention/risk/cancerRisk.shtml>

<http://www.cancersymptoms.org/neutropenia/index.shtml>

National Lymphedema Network

<http://www.lymphnet.org/>

Journal Articles

Doyle, C. et al. *CA: A Cancer Journal for Clinicians*. Nutrition and physical activity during and after cancer treatment: An American Cancer Society Guide for Informed Choices. 2006 Nov-Dec; 56(6):323-53.

<http://caonline.amcancersoc.org/>

Courneya, K.S., Mackey JR, McKenzie DC. Exercise for breast cancer survivors. *The Physician and Sportsmedicine*. 2002; 30 (8).

http://www.physsportsmed.com/issues/2002/08_02/courneya.htm

Schmitz, K. Controlled physical activity trials in cancer survivors: A systematic review and meta-analysis. *Cancer Epidemiology, Biomarkers & Prevention*. 2005; 14(7): 1588-1595.

<http://cebp.aacrjournals.org/cgi/content/full/14/7/1588?maxtoshow=&HITS=10&hits=10&RESU
LTFORMAT=&author1=Schmitz%2C+K&searchid=1&FIRSTINDEX=0&resourcetype=HWCIT>

Lawlor, D., Fox, K., Stevinson, C. Exercise Interventions for cancer patients: systemic review of controlled trials. *Cancer Causes & Control*. 2004; 15: 1035-1056.

<http://www.jstor.org/journals/09575243.html>

Textbooks

ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities

J. Larry Durstine and Geoffrey Moore

Human Kinetics

P. O. Box 507

Champaign, IL 61825-5076

1-(800)-747-4457

www.humankinetics.com

Breast Cancer Recovery Exercise Program, 2nd ed.

Anna Schwartz & Naomi Aaronson

Desert Southwest Fitness

<http://www.dswfitness.com>

Cancer Fitness: Exercise programs for patients and survivors

Anna Schwartz

Simon & Schuster

<http://www.simonsays.com>

Exercise and Cancer Recovery

Carol Schneider, Carolyn Dennehy, Susan Carter

Human Kinetics

P. O. Box 507

Champaign, IL 61825-5076

1-(800)-747-4457

www.humankinetics.com

Handbook of Cancer Survivorship

Michael (Ed) Feuerstein

Springer

New York, NY

<http://www.springer.com/public+health/book/978-0-387-34561-1>

Cancer symptoms management (3rd ed)

Connie Henke Yarbrow, Margaret Hansen Frogge, Michelle Goodman

Jones and Barlett Publishers

Sudbury, MA

<http://www.jbpub.com/catalog/9780763721428/>

Cancer Prevention and Management through Exercise and Weight Control

Anne McTiernan

Taylor & Francis Group

<http://www.taylorandfrancis.com>

Handbook of Cancer Survivorship

Michael Feuerstein

Exercise motivation and behavior change. (pp. 113-132).

Springer

www.springer.com (www.amazon.com)