



## Importance of Exercise for Cancer Patients

### Description

Perhaps you have heard doctors and researchers all around the world talking about why physical activity should be a regular part of our life, even at times when we are facing a devastating disease such as cancer. In fact, they have encouraged us to take any form of physical activity during each stage of the cancer treatment, and today we are here to tell you why that is. Plus, you will get to learn something about the promising Bioresonance treatment and how it can be used during cancer treatment as well.

### The use of exercise before cancer treatment

Cancer treatments such as chemotherapy and radiation therapy, as helpful as they can be, often have a big toll on the human body. [Side-effects](#) such as fatigue, nausea, loss of appetite, hair loss, constipation, and diarrhea, often happen, causing the patient's quality of life to decline gradually.

Exercise has been proven to have many great beneficial effects for our physical and mental health, so researchers thought, why not use those beneficial effects for cancer patients as well. That is how they thought about [recommending](#) a so-called "prehab" regime of three fitness sessions a week, along with nutritional advice and mental health support to newly diagnosed patients with any type of cancer. The aim is to improve and strengthen their physical and mental health to help them reduce the side-effects of the used treatments as well as the time that they are about to spend in the hospital because of those very same treatments.

This is a rather new, on-going investigation that is currently happening in Greater Manchester, Yorkshire, London, and Leicester. More than 500 people have currently enrolled in such a "prehab" regime in Greater Manchester alone, and more than 2,000 are expected to enroll in the following months as well.

### Why is exercise important during cancer treatment?

Exercise has been used as a standard part of cancer treatment as well for the longest time now. The

fact that physical activity has multiple benefits towards the physical and mental health of the patient at times like these cannot be denied. Regular exercise has been shown to improve sleep, lower the risk of side-effects due to cancer treatment, reduce the risk of depression and anxiety, prevent weight gain, prevent muscle loss and injury, etc. Other health benefits are expected to happen, as well.

The exercise plan usually [includes](#) stretching exercises, breathing exercises, strength training, aerobic exercises, balance exercises, and more, according to the individual needs and abilities of the patient. In fact, these patients are strongly advised against inactivity.

The [ultimate goal](#) is to be able to achieve at least 150 minutes of moderate-intensity or 75 minutes of high-intensity aerobic exercise such as walking, jogging, cycling, swimming, etc. in addition to doing two to three resistance exercise sessions a week to activate the major muscle groups in the body.

A [2018 review](#) of 61 clinical trials done on women with all stages of breast cancer has investigated the benefits of exercise during cancer treatment. The review discovered that the participants in the clinical trials had experienced a significantly improved quality of life, with a focus on their fitness status, energy levels, mood, sleep, and strength.

## Benefits of exercise after cancer treatment

Regular physical activity is recommended after the cancer treatment ends as well. The reason for that is once again, because of the variety of side-effects that usually last much longer after the treatment has actually been completed. But that is not all. All of the previously mentioned benefits of regular exercise will continue after the cancer treatment as well, [improving](#) their life for the better.

Physical activity after cancer treatment has helped increase the survivors' lifespan, as compared to those who did not engage in any significant physical activity after the treatment has ended. In addition to an increased [lifespan](#), exercise also helps keep cancer from returning again in the future, which is a great benefit that most survivors are interested in taking advantage of.

## Bioresonance and cancer patients

If you have not heard about Bioresonance therapy until now, you would like to stick around for a little bit longer. Bioresonance therapy is a popular, non-invasive treatment method with proven beneficial effects for multiple health issues, including rheumatoid arthritis, fibromyalgia, overtraining syndrome, allergies, and even [cancer](#).

This holistic treatment method involves attaching electrodes on the skin that are connected to a Bicom machine. The machine measures and later restores the energy wavelengths that are coming from your body. By restoring them to achieve an optimum balance, Bioresonance helps eliminate the health issue from within.

Bioresonance is thought to be able to activate certain tumor-suppressing genes and lessen the effects of the overactive cancer cells, thus helping kill the existing cancer cells. As we mentioned earlier, Bioresonance is a non-invasive treatment that does not cause any side-effects whatsoever, hence the increasing interest in using Bioresonance as a part of the cancer treatment.

## **Conclusion**

Regular physical activity is beneficial for every human being, no matter their age, gender, or health status. And so, physical activity is highly recommended to be used before, during, and after the cancer treatment as well to help eliminate any side-effects that are bound to occur due to the cancer therapies that are usually used, but also as a way to improve the overall mental and physical health of these patients who are facing hard times like these.

### **Category**

1. Articles

### **Tags**

1. bioresonance
2. cancer
3. exercise

### **Date Created**

2020/01/09

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