

**ACSMS GUIDE TO EXERCISE AND CANCER  
SURVIVORSHIP**

**Denisse Dao**

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It was previously thought that exercise, particularly resistance training, could exacerbate the effects of lymphedema in survivors. According to the National Cancer Institute, as of January there were 3.

Monthly plan: .Program Administration Carole M. While consistency is important, you may need to adjust your routine or certain exercises as you work through physical or emotional side effects. Express is not available on all items. The Cancer. Carbohydrates are a major source of energy for the body, giving it the energy. Consignment number is emailed to you along with the invoice at the time of shipment. Please create a new list with a new name; move some items to a new or existing list; or delete some items.