

Book explores association between physical activity and cancer control

Physical activity is an important health behaviour for many diseases but its role in cancer control has been understudied and underappreciated. The book, *Physical Activity and Cancer*, published by Springer (Nov 2010) and edited by Kerry S. Courneya and Christine M. Friedenreich, explores in depth the relation between physical activity and cancer control, including primary prevention, coping with treatments, recovery after treatments, long-term survivorship, secondary prevention, and survival.



The first part of the book presents the most recent research on the impact of physical activity in preventing a range of cancers. In the second part, the association between physical activity and cancer survivorship is addressed. The effects of physical activity of supportive care endpoints (e.g. quality of life, fatigue, physical functioning) and disease endpoint (e.g. biomarkers, recurrence, survival) are carefully analysed.

In addition, the determinants of physical activity in cancer survivors (e.g. medical, social cognitive, environmental) are discussed, and behaviour change strategies for increasing physical activity in cancer survivors (e.g. counselling, print material) are appraised.

The final part of the book is devoted to further special topics, including the relation of physical activity to paediatric cancer survivorship and to palliative cancer care.

Source: University of Alberta - Faculty of Physical Education and Recreation