

## **Free Resources**

ACSM's *Certified News*, April - June 2007 Issue - [www.acsm.org/certifiednews](http://www.acsm.org/certifiednews)

The American Cancer Society [www.cancer.org](http://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>

American Association for Clinical Chemistry

<http://www.aacc.org/AACC/members/nacb/LMPG/OnlineGuide/DraftGuidelines/TumorMarkers/>

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, KS., 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](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&RESULTFORMAT=&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](http://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](http://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 (3<sup>rd</sup> 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*

Micheal Feurstein

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

Springer

[www.springer.com](http://www.springer.com) ([www.amazon.com](http://www.amazon.com))