



## News briefs

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## Exercise benefits people with cancer

A South Australian study has shown structured exercise programs for people with cancer not only improve physical functions such as aerobic capacity, strength and flexibility, but also reduce fatigue and improve quality of life.

The findings, to be presented to the Clinical Oncological Society of Australia Annual Scientific Meeting in Brisbane today (15/11), add to the evidence of the benefits of physical activity for adults with cancer during treatment.

Exercise physiologist and program coordinator Morgan Atkinson, from Royal Adelaide Hospital and the SA/NT Youth Cancer Service, said people who completed the 10 week program had significant improvements in quality of life, reduced fatigue and improvements in nearly all functional assessment measures such as cardiovascular fitness, resistance, flexibility and core stability.

“The improvements in fatigue levels and overall quality of life suggest that the benefits of an exercise program go beyond just improvements in physical function for people with cancer,” Mr Atkinson said. “Participants found exercise empowering and positive after all the negative experiences of their cancer diagnosis and treatment.”

Thursday, 11.15-11.30am, Room P4, Brisbane Convention Centre

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