

Essential Exercises For Breast Cancer Survivors - Anne Halverstadt

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This book offers guidance on how to begin an exercise program after diagnosis and treatment for breast cancer. It is not meant to replace appropriate medical care. The authors have consulted experts in the fields of breast cancer and exercise, reviewed the scientific literature, and used every means possible to ensure that the information presented is accurate and up-to-date at the time of publication. It is important to note that new research may alter or invalidate some of the information presented in this book. This book is based on the original EM-POWER (Energizing Mobilizing Postoperative Workout Enhancing Recovery) program. Although the many benefits of regular exercise are well documented, the authors make no guarantees or representations regarding the EM-POWER and Essential Exercises programs and their materials, including but not limited to accuracy, completeness, currency, reliability, merchantability, fitness for a particular purpose, or results that will be achieved from this program. Results are individual and may vary. Author: Halverstadt, Anne Publisher: Harvard Common Press Illustration: N Language: ENG Title: Essential Exercises for Breast Cancer Survivors Pages: 00208 (Encrypted EPUB) On Sale: 2000-10-01 SKU-13/ISBN: 9780544048966 Category: Health & Fitness : Diseases - Cancer

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