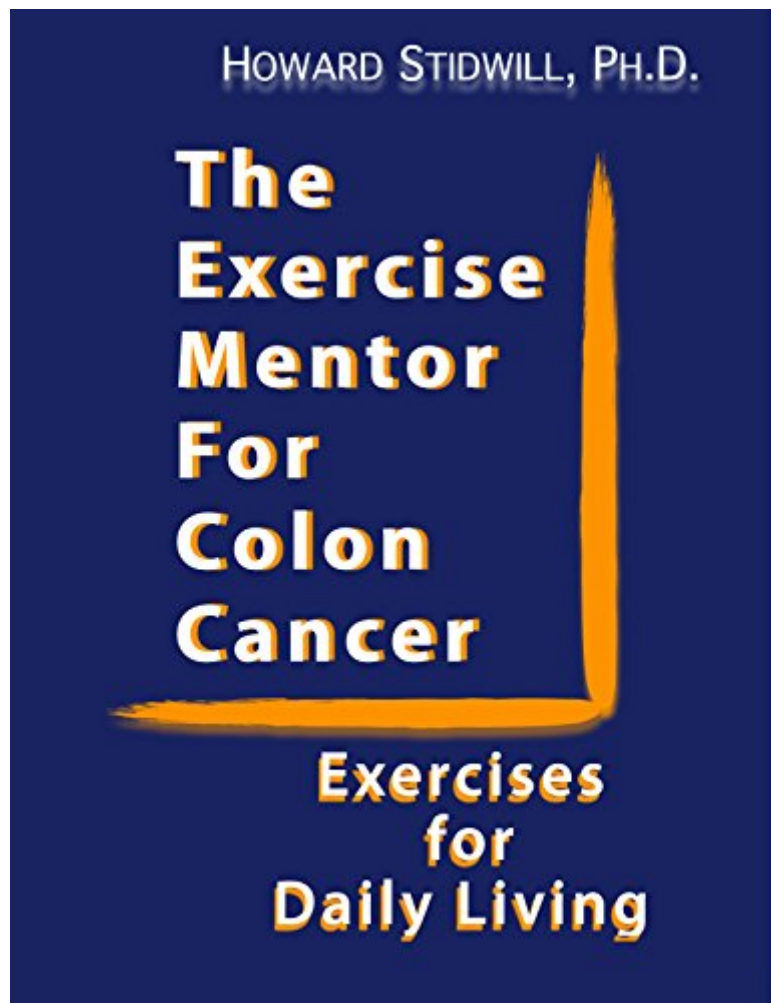


The book was found

The Exercise Mentor For Colon Cancer: Exercises For Daily Living (The Exercise Mentor For Cancer Survivors)



Synopsis

The Exercise Mentor Series has been written to help cancer patients maintain and restore physical function that may have been lost to the cancer experience. Included are the most common cancers that are amenable to therapeutic and functional exercises as they apply to activities of daily living (ADL). With clarity and brevity in mind, all books begin with an overview of cancer and how to correctly interpret five-year survival statistics as they may apply to you. This is followed by the cancer under consideration, its stages, and common treatments for this particular cancer. Both exercise considerations and exercise goals related to the cancer, its stages, and possible side-effects of the treatment are presented. The components of an appropriate exercise program including the warmup and cooldown, stretching, aerobic exercise, strength training and related equipment are presented and explained. Strength exercises follow as they apply to that specific cancer. Accompanying illustrations demonstrate the correct positions, movement patterns and identify the major muscles involved. Variations of the exercises allow for further individualization. An extensive glossary and related links provide additional information to assist you with unfamiliar terms. While not a treatment for cancer, the exercises in the Mentor Series can play an important part in the success of your overall treatment plan.

Book Information

File Size: 340 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publisher: Howard Stidwill, Ph.D. (May 4, 2013)

Publication Date: May 4, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B006PTWIEQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,518,815 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments >

Cancer > Colorectal Cancer #77 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Colorectal #372 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

[Download to continue reading...](#)

The Exercise Mentor for Colon Cancer: Exercises for Daily Living (The Exercise Mentor for Cancer Survivors) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Colon Cancer: The Everything Guide to Colon Cancer Diet and Colon Cancer Prevention Colon Cancer - A Cancer Prevention and Cancer Cure Guide to Understanding the Facts of Colon Cancer for Treatment, Diet, and Nutrition Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Program 120 Female Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Ovarian Cancer, Lung Cancer, Diabetes, Dementia, Colon Cancer, Pneumonia, ... Medicine Patient Handbooks for Females) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) The Breast Cancer Patient's Survival Guide: Amazing Medical Strategies for Winning: A Natural Guide to Treatment of Cancer, Breast Cancer, Cancer and Nutrition, Beating

Cancer and Fighting Cancer LIVING THE LAW OF ATTRACTION - 40 PRACTICAL EXERCISES:
Daily Exercises To Attract Anything You Want Into Your Life American Cancer Society Complete
Guide to Nutrition for Cancer Survivors: Eating Well, Staying Well During and After Cancer Pilates
and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises,
Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total
Fitness) Surgery of the Anus, Rectum and Colon, 2- Volume Set, 3e (Surgery of the Anus, Rectum
& Colon (Goligher)) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts
For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2)

[Dmca](#)