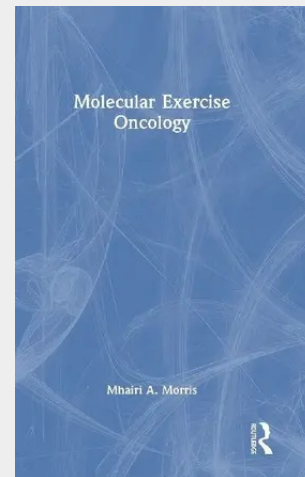


## Molecular Exercise Oncology

Molecular Exercise Oncology breaks down the cellular and molecular mechanisms underlying the benefits of different types of physical activity—from aerobic and resistance exercise to simple daily activities—including key scientific findings that provide insights into the foundational concepts of modern exercise oncology, revealing exercise as a potent tool throughout the cancer continuum. This book uncovers the evidence underpinning primary cancer prevention, how physical activity and exercise can improve treatment outcomes, reduce secondary recurrence risk and enhance quality of life (QoL). With practical resources and pedagogical features, this text serves as an accessible and engaging key text to support student learning and to redefine the way exercise as medicine is perceived, in that every step counts in the battle against cancer. For students studying sport and exercise science, clinical exercise physiology and exercise as medicine, for researchers in the field and for clinicians working with patients, Molecular Exercise Oncology offers invaluable insights into the latest findings in physical activity, exercise and cancer, with additional perspectives on the cellular and molecular basis of exercise as medicine.

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