



Sport und körperliche Aktivität in der Onkologie (German Edition)

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Die positive Wirkung von Sport in der Krebsprävention ist bekannt. Doch auch bei Tumorpatienten, das belegen Studien, mindert Bewegungstraining die Symptome des Fatigue-Syndroms, verbessert das psychische Befinden und erhöht die Lebensqualität. Die Spezialisten des Herausgeber- und Autorenteam vermitteln praxis- und forschungsrelevantes Wissen zum Thema Krebserkrankung und Sport: vom Ausdauer- und Krafttraining, den Möglichkeiten der ärztlichen Verordnung von Bewegung bis hin zu den Einschränkungen bei den unterschiedlichen Behandlungsformen.

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