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## ESSA launches free eBook highlighting the benefits of exercise for cancer care

Every four minutes an Australian is diagnosed with cancer, and an extensive and growing body of scientific research has established exercise as a particularly potent medicine for the management of cancer.

To help educate the Australian public as to the benefits of physical activity in cancer care, Exercise & Sports Science Australia (ESSA) is proud to announce the launch of its latest free eBook, "[Exercise & Cancer](#)".

"This eBook aims to highlight the importance of exercise in cancer prevention and treatment, as well as to draw focus to the critical role of Accredited Exercise Physiologists in this space," says ESSA CEO, Anita Hobson-Powell.

"In 2009, ESSA published the [first ever position statement](#) in the world on exercise guidelines for people with cancer. Since then, there has been exponential growth in research evaluating the role of exercise pre-, during and post-cancer treatment."

With 1 in 2 Australian men and women being diagnosed with cancer by the age of 85, there's over 1 million people alive in Australia who are either living with or have had or been previously diagnosed with cancer. For these people, exercise can help to improve quality of life during and after treatment.

"Science suggests that exercise is one of the best medicines people with cancer can take in addition to their cancer treatments. That's because people who exercise regularly following a cancer diagnosis experience fewer and less severe side effects," says Associate Prof. Prue Cormie, an Accredited Exercise Physiologist who specialises in oncology.

"Emerging research also suggests that exercise may help lower the relative risk of a cancer recurrence and cancer-related death for people diagnosed with some cancers."

The eBook, which launched this week, highlights current exercise guidelines for a range of different cancers, and aims to educate those living with cancer as to how physical activity can help them on their journey through treatment and recovery.

It also showcases real stories from everyday Australians, like Angela, who found exercise critical during her cancer recovery. Angela explains that her "cancer diagnosis has been life-changing, but not all in a bad way." She knows now that looking after herself physically, mentally and emotionally through regular exercise has significantly improved the quality of her life and her relationships.

To download the eBook, [click here](#), or visit [exerciseright.com.au](http://exerciseright.com.au) for more information.



# MEDIA RELEASE

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## About Exercise Right

Exercise Right is the public awareness vehicle of Exercise & Sports Science Australia (ESSA). Exercise Right aims to inspire and educate all Australians to be healthier and more active. Exercise Right is expertly compiled by professionals and thought leaders in the field, making it a trusted source of information amongst consumers.

## About Exercise & Sports Science Australia (ESSA)

Exercise & Sports Science Australia (ESSA) is the peak professional body for exercise and sports science in Australia. ESSA provides national leadership and advocacy on key issues and supports its members and the community through fostering excellence in professional practice, education and training, and research.