

Exercise to prevent cancer

by Dr. Fredrick Peters, *The Fitness Doctor*

If you knew that exercise not only helps you slim down and stay fit but also trims your risk for cancer, wouldn't that motivate you to get active?

According to The Prevent Cancer Foundation, only five percent of cancers are hereditary, which means there are steps you can take to help prevent the other 95 percent—most notably eating a healthy diet and being physically active.

And for those who have been diagnosed with cancer, exercise also can help lessen fatigue, regain strength and lower the chance for recurrence. One of my new clients, Mike, a cancer survivor, started to work out with me three months ago. Apprehensive at first, Mike is now more energetic, upbeat and is gaining strength and stamina. He's on his way to being a true success story.

Using a scientific approach to exercise, each of my individualized plans includes an aerobic, resistance and flexibility component. And the best part is, you don't have to go to the gym every day, as I devise some workouts that can be done at home.

With a doctor-prescribed exercise approach that you will not find in any other gym, I create a personalized



Dr. Fredrick Peters

program with the latest exercise science and nutrition protocols that help prevent and treat diseases.

Cancer is something we all worry about and for good reason. Nearly 40 percent of people will develop some form of cancer, but, fortunately, your diet and physical activity are the two most modifiable determinants of cancer risk. Give us a call to discuss how we can tailor a fitness plan specifically for you.

The Fitness Doctor is located at 6571 Brecksville Road, Suite 2, in Independence. Call 440-447-0347, visit FitDoc.fit or email fred@thefitnessdoctors.com.

GET FIT!



Visit The Fitness Doctor on Saturday, June 9, from 10 a.m. to noon, for a group-led exercise program focussing on physical, mental and spiritual health. Proceeds will benefit the Pancreatic Cancer Action Network. Any donation amount will be accepted.